



NOTES AND RECIPES, FRESHMAN DOMESTIC SCIENCE, H. SOPHIE NEWCOMB MEMORIAL COLLEGE

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UNIVERSITY OF LOUISIANA. H. SOPHIE NEWCOMB
MEMORIAL COLLEGE FOR WOMEN

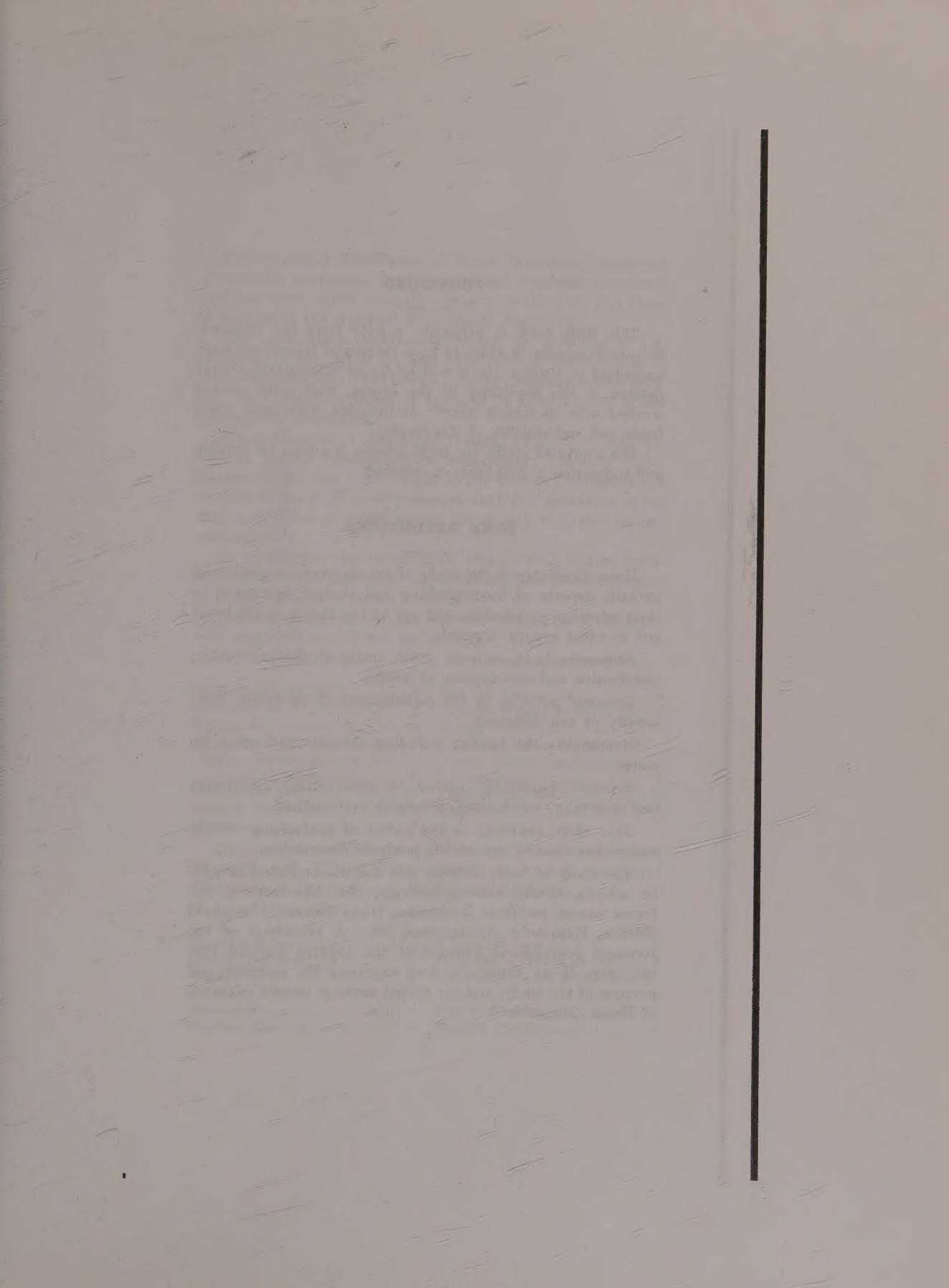
Notes And Recipes, Freshman Domestic Science, H. Sophie Newcomb Memorial College

Boyer, Harriet Amelia. [from old catalog], Tulane university of Louisiana. H. Sophie Newcomb memorial college for women

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FOREWORD.

This little book is primarily a note book for Domestic Science Freshmen in which to keep records of laboratory work according to outline. In it will be found information always desired at the beginning of the course, with some recipes worked over in former years. It includes, with some other foods, fish and shellfish of this locality.

The course of study for rural schools is added for outline and suggestion in first years of teaching.

SOME DEFINITIONS.

Home Economics is the study of the sanitary, economic and aesthetic aspects of food, clothing and shelter, in regard to their selection, preparation and use by the family in the home and by other groups of people.

Economics is the science which treats of the production, distribution and consumption of wealth.

Economy pertains to the management of an estate, community or establishment.

Household: the family, including servants and other inmates.

Science: knowledge gained by observation, experiment and reasoning; coördinated, arranged, systematized.

Art: skill, dexterity or the power of performing certain actions acquired by experience, study or observation.

The study of food, clothing and shelter conducted in public schools, normal schools, colleges, etc., has received different names, as Home Economics, Home Science, Household Science, Household Management, etc. A committee of the foremost professional workers of the country decided that the name Home Economics best expresses the meaning and purpose of the study, and the official organ is named "Journal of Home Economics."

The American Association of Home Economics, composed of teachers, professors, food experts and scientists connected with the work, meets annually, usually at the time and place of meeting of the National Educational Association.

The Lake Placid Conference, under the direction of Dr. and Mrs. Dewey, made the first effort toward organization of Home Economics and has been a constant inspiration and service. This organization meets annually at Lake Placid, in the Adirondack Mountains.

When Newcomb College was founded in 1886 by Mrs. Josephine Louise Newcomb as a memorial to her only child, Harriet Sophie, her letter of gift to the Tulane Administrators contained this clause: "I request that the education given shall look to the practical side of life as well as to literary excellence."

In accordance with this idea Dr. Brandt V. B. Dixon, President of the College, organized a training school for teachers in Home Economics in the year 1909.

Courses of two years are offered, leading to a diploma, with two additional years for a degree.

Freshman Year.		Sophomore Year.	
	Points.		Points.
Domestic Science A1.....	3	Domestic Science B2.....	3
Chemistry A2.....	3	Domestic Science Teaching B3.....	1
English A1.....	3	Biology AB2.....	3
Educational Hygiene A8, first term; Introduction to Psychology A1, second term.....	3	History of Education B2 first term; Genetic Psychology B3, second term.....	3
Library A1.....	½	Physical Training.....	2
Physical Training.....	2	Electives.....	6
Electives.....	5		

Recommended as Electives: Drawing, Design and Color; Domestic Art; United States History; a modern language; Chemistry 2B; Bacteriology; or Household Physics.

Junior Year.		Senior Year.	
	Points.		Points.
Domestic Science C4.....	3	Domestic Science D5, 6, 7.....	6
Chemistry of Nutrition C5.....	3	Principles of Education CD3.....	3
English.....	3	Elementary or Secondary Education.....	2
French, German or Spanish.....	3	French, German or Spanish.....	3
Economics.....	3	Physical Training.....	2
Physical Training.....	2		

Work in the School of Art is recommended, and greatly needed by students, but is not required. Two points out of the six in the Senior Domestic Science are given for other work, elected after consultation with head of department.



Each student must have two or more large white aprons, two small hand towels, two holders.

All school dresses should be made with short sleeves, or sleeves which can be turned back to look like a cuff. The climate of New Orleans is too warm to wear added cuffs.

Rubber stamps, of initials, or one initial and last name, with pad and indelible ink, are used by many students for marking all clothing. Every article should be marked plainly. This is important. Careful provision should be made for keeping all clothing worn in the laboratory spotlessly clean.

SUGGESTIONS FOR ORDER OF DESKS.

Tools in each compartment arranged from right to left:

Drawer

Towels	Kitchen Knife	Wooden Spoons
Dish Cloths	Kitchen Fork	Wire Egg Beater
Holders	Palette Knife	Wheel Egg Beater
Matches	Paring Knife	
	Tablespoons	
	Teaspoons	
	Custard Cup	

Upper Shelf of Cupboard.

Front.

1. Rolling Pin
2. Aluminum Measuring Cup in Agate Pan in Pie Pan
3. Glass Measuring Cup
4. Pint Bowl
5. Fry Pan

Back.

Graters
Sauce Strainer in Platter

Lower Shelf.

Front.

Double Boiler	Flour Sieve in
Stew Pan	Collander
	Mixing Bowl

Back.

Handles of all utensils are turned to right, for convenience.

Cupboard and drawer should be clean and dry.

All utensils should be clean and dry before they are placed in desks.

Steels must be bright and dry.

Turn knife edges to the left.

Flour sifter may be wiped with dry towel. If it needs washing, put it to dry on the oven or in the sun.

Tea kettle should be left empty with lid loose.

Stove should be as clean as knife and paper can make it. If any moisture is left on it, it will rust. Do not set things on it when not in use.

Desk top and bread board should be clean and dry.

Put towels in towel hamper, unless washed and hung on wire line.

When putting desk in order, if an article is imperfect or cannot be cleaned, return to maid and get a duplicate with which to complete equipment.

Thermometers should be cleaned and returned to table.

When lighting the gas, turn it on full, hold match not too near the burner, then as soon as the cooking permits, turn it as low as possible to do the cooking. Extinguish the gas in stoves or ovens when through using them.

Replace covers on cans and boxes immediately after using. Also put corks into bottles.

HABITS DIFFICULT TO ACQUIRE.

1. To measure accurately.
To weigh accurately.
To divide recipes accurately.
2. To shake out matches; not to blow out.
To place burnt matches in proper place—never drop.
3. To keep table top and desk in order and clean.
To keep floor clean.
To clean up "as you work."
4. To stir with bottom of spoon in widening circles.
5. To cool any hot food by setting the retaining utensil first into cold water (running water best) before setting into refrigerator.
6. To clean sauce pans, cereal kettles, etc., by boiling water in them to loosen the food. Candy kettles and spoons easily cleaned with plenty of water. All kettles should be filled with cold water as soon as food is removed.
7. To feel the sticking through the spoon, and thus prevent burning when stirring food over fire.
8. In working with yeast, to get the growing started first—as soon as possible.
9. To work fast in the beginning of meal preparation, to avoid hurry in the end.

10. To keep stools under desks when not in use.
To put every chair into proper place, after using.
11. To light gas by turning on full.
To turn low as soon as possible.
To turn out when not in use.
12. To never drop materials when transferring from one utensil to another. Use supply pan.
13. To wash strainers and graters with brush.
To wash raisins and currants in colander set in pan of water. Rub between the hands. Rice and berries under faucet.
14. To care for aprons—taking home soiled ones and bringing back clean ones every week.
To have aprons, books and other belongings marked.
15. To close all doors without banging.
16. To keep soft dough well scraped from the molding board and rolling pin when making pastry.
17. To read a thermometer. To handle with care, and keep in hot water in tall pitcher when making candy or icing. Paper in pitcher, and no water, for deep fat frying. After using, clean carefully and replace in case.
18. To place corks in bottles and covers on boxes as soon as any food is taken from them.
19. To clean stoves with paper—not towels or cloths.
20. To drain fried foods on soft paper in warm oven as soon as cooked.
21. To "sense" the nature of things by the odor.

SIMPLE HEALTH RULES FOR COLLEGE GIRLS.

Compiled by Students.

Put your energy into thinking—not worrying.
Keep regular hours.
Take eight hours sleep in well-ventilated room.
Keep body and clothing clean.
Take regular outdoor exercise.

Stand, sit and walk correctly.

Breathe deeply.

Wear comfortable clothes.

Avoid hurry.

Eat slowly and only wholesome food—avoid pastries and fried foods. If afternoon lunch is desired, eat fruit or pure candy, or plain ice cream.

Drink plenty of water between meals and on first rising.

Drink water with meals, if it agrees with you, but not when any food is in the mouth.

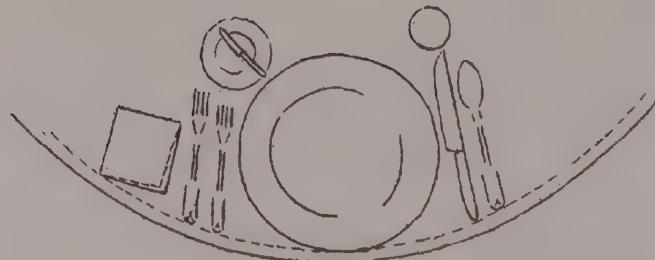
If you can get grapefruit or oranges an hour before breakfast, do so.

Do not eat when very tired.

Systematize work and keep up with it.

Train yourself to be cheerful.

TABLE SETTING AND SERVICE.



The Serving of Meals.

Four points should be remembered in serving all meals; sanitation, precision, convenience, and beauty.

The room must be in order, clean, free from dust, well aired, and of right temperature.

The linen should be immaculate, the china and glass glistening, and the silver well polished.

The plate makes the center of each cover.

Allow about two feet for an individual "cover" at table.

Allow about 15 or 16 inches in depth for "covers."

Knives and spoons are placed at the right, forks at the left of the plate; the cutting edges of the knives are towards the plate, the tines of forks and bowls of spoons are turned upward. Water glass placed at end of knife. Bread and butter plate at end of fork. Napkin at left.

The cover is set one inch from the edge of the table.

The first piece of silver to be used should be farthest from the plate. All articles in the "cover" should be close enough to barely see a distinct line of white linen between.

Warm all dishes for hot food and chill all those for cold food. Use hot water or warming oven.

Fill the glasses and place the butter on plates two minutes before the meal is served.

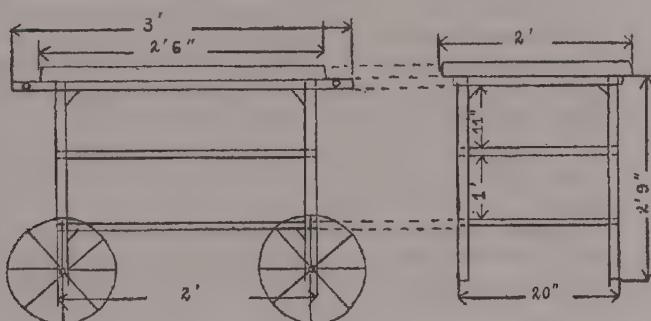
Announce to hostess that dinner is served.

Pass everything to the left.

Set down dishes to the right.

Drinks are served to right.

"Amerieans, if caught young, can be taught to eat in a leisurely manner, and to refuse to accept anything that lacks appetizing flavor."—Finck.



WHEEL TRAY MADE OF CYPRESS.

Posts $1\frac{1}{2}$ " square at ends.

Wheels 12". These are "go cart" wheels, and ordered by furniture dealer. Trays $\frac{7}{8}$ " stuff, with molding around edge. Top trays are removable.

Lumber and labor together cost \$6.00. The go cart, rubber tired wheels cost \$2.40, and were ordered through a furniture dealer. The $\frac{1}{2}$ " rod axles must be made by a blacksmith and cost about \$1.00. Instead of clamping the axles to the legs, bore holes through the legs through which the axles may be passed.

This wheel tray may be made at home by any boy having manual training work in school, and is a great labor saver in a large house.

THE FIRELESS COOKER.

The principle involved in the fireless cooker is that of heat retention, like the thermos bottle.

Primitive woman applied it when she boiled and roasted with hot stones.

By the ordinary cooking process, the heat requires constant renewal, much being lost.

Cooking once started will continue if the heat can be retained, and this is done in the fireless cooker.

The fireless cooker is a box varied in shape, size and material, in which heat and food are placed.

The cooking is started by the application of heat in some way and placed in the fireless cooker, where the process is completed by the heat retained in the food.

The fireless cooker is lined with metal and interlined with a nonconducting material which prevents the escape of the heat.

Mineral wool and asbestos are good materials for this purpose, and lately pressed cork has been used.

The compartments, one or several, hold utensils with tight covers.

Some cookers are furnished with disks of soapstone, metal or composition, for additional heat.

Soapstone whose atomic weight is low radiates gradually for a long time, while metal, with great atomic weight, radiates a more intense heat for a shorter time.

Cooking continues as long as the heat is retained in the cooker.

The ancients had makeshifts for cooking without fire before the Christian era.

The Norwegians were the first to have anything like the modern fireless cooker. This was a box packed with hay, called the Norwegian hay-box, in which cooking, started by ordinary means, was completed in the retained heat.

The immediate predecessor of the fireless cooker in this country was the Aladdin oven, furnished with heat from a lamp placed beneath. This was invented by Mr. Edward Atkinson to aid the woman who was both housekeeper and wage-earner, so that her family could have a well-cooked meal. The woman who is away all day is apt to use the fry-pan in her haste. This often results in unwholesome, greasy food.

Manufacturers have used all means to improve the fireless cookers. Electric cook-stoves are now made, although still high in price. The current can be cut off when the food reaches the proper heat, and the cooking is completed by the retained heat of the insulated compartment.

A satisfactory fireless cooker can be made at home. A barrel is advantageously used for this purpose in many boarding houses.

Good fireless cookers can be bought at moderate prices.

The success of the fireless cooker depends on the user, and demands a knowledge of cookery. The cooker furnishes a slow and even heat, ideal for foods which require long, slow cooking. The time required varies with the food, the amount, and the manner of cooking it. Some foods take no longer than in the ordinary stove. Some take two or three times as long. Food can remain in the cooker overtime for convenience, but must not get cold. The cooker is not suitable for foods which require increasing heat, or evaporation of water, or for extremely short processes. It saves four-fifths of the fuel bill.

when properly used. It economizes time and labor and eliminates worry. It helps to reduce the high cost of living, as cheaper cuts of meat can be made tender by its use. It gives the woman more time for her children and family and services for the good of mankind. The breakfast cereal can be thoroughly and wholesomely cooked in it during the night. The cooker can be quickly adjusted to individual needs. Failures are due mainly to a lack of sufficient time and to not having the food hot enough when placed in cooker. The utensils must be of the proper size for the amount of food, and smaller pans can be adapted from general stock. The cooker must be cleaned, dried and aired thoroughly after using. The utensils must be scalded and dried and left uncovered when not in use.

Like the thermos bottle, the fireless cooker may be used for keeping foods cold, for packing frozen dishes like "mousses." A little greasing (vegetable oil will do) prevents action of salt on aluminum lining.

FOOD

Food is anything which, taken into the body, builds tissue, or yields energy (heat), or does both. This is a common definition, but there is a feeling that it is incomplete, for many foods are beneficial to health, which are low in caloric value.

Cost of Food. —Thirty-five cents a day is often reckoned for raw material. If the protein (meat and eggs) content is kept rather low, thirty cents per day for each individual is abundant. (New Orleans 1915 prices.)

Food materials, as grains, fruits, vegetables, are made up of protein, fat, carbohydrate, minerals and water. These substances are called food principles, or foodstuffs. In older books the term, "proximate principles," means the same thing.

Protein foods—meat, fish, eggs, milk, cheese—require low heat.

Fats—butter, cream, meat fats, olive oil, cotton seed oil, suet, lard—low heat.

Carbohydrates—starch (found in cereals, vegetables and fruits), sugar, gum, cellulose—high heat and long cooking.

The value of food to the individual depends upon his power of digestion and assimilation.

The sick, the very young and very old, may not eat with safety the foods that can be easily digested by strong people living active lives.

CALORIES

The unit of measure for energy-value in food is the large Calorie, always written with a capital to distinguish it from the small calorie. A Calorie is the amount of heat required to raise the temperature of a pound of water four degrees Fahrenheit. Coal is purchased on the basis of its caloric value.

A few standard foods are here arranged in a scale, showing that the energy value of foods range from about 4000 calories per pound, downward.

Cost Per Pound	FOOD MATERIAL	Protein %	Fat %	Carbo- Hydrate %	Calories Per Pound	
65c	Olive Oil		100.		4080	
12	Lard		100.		4080	
						4000
30	Pecans	11.	71.	13.	3455	
40	Butter	1.	85.		3410	
30	Bacon	9.+	67.		3030	
10	Peanuts	25.+	38.+	24.+	2560	
						2000
25	American Cheese	25.9	33.7	2.	1950	
10	Soda Crackers	9.8	9.	73.	1925	
60	Cookies	7.	10.	73.	1920	
6	Gran. Sugar			100.	1860	
6	Rolled Oats	16.7	7.+	66.+	1850	
6	Dried Peas	24.6	1.	62.	1665	
3	Grits	8.	.6	79.	1650	
4	Wheat Flour	10.8	1.	74.8	1640	
10	Dried Lentils	25.7	1.	59.	1620	
6	Rice	7.+	.26	79.	1591	
20	Honey	4.		81.	1520	
25	Cream Pie	4.	11.	51.	1515	
20	Smoked Herring	36.9	15.8		1355	
6	Biscuits	8.7	2.6	55.	1300	
5	Molasses	2.+		69.+	1290	
5	Bread (home-made)	9.	1.6	53.+	1225	
20	Beef Loin	18.+	20.		1190	
25	Chestnuts	6.+	5.+	41.	1125	
20	Leg of Mutton	18.5	18.		1105	
						1000

CALORIES—Continued.

Cost Per Pound	FOOD MATERIAL	Protein %	Fat %	Hydrate Carbo- %	Calories Per Pound
30	Mince Meat	4.8	6.7	32.+	970
30	Cream	2.5	18.5	4.5	910
18	Beef Round, lean	21.+	7.9	—	730
25	Eggs	13.7	10.	—	720
5	Baked Beans	6.9	2.5	19.6	600
15	Cottage Cheese	20.	4.+	—	510
					500
15	Green Peas	7.	.5	16.	465
4	Bananas	1.+	.6	22.	460
15	Brook Trout	19.	2.	—	445
2	Potatoes	2.	.1	18.	385
10	Figs	1.5	—	18.8	380
10	Crayfish	16.	.5	1.	340
5	Milk	3.	4.	5.	325
4	Apples	.4	.5	14.+	290
25	Oysters	6.+	1.	3.7	235
5	Beets	1.6	.1	9.7	215
50	Mushrooms	3.5	.4	6.8	210
5	Carrots	1.+	.4	9.+	210
					200
5	String Beans	2.+	.3	7.+	195
5	Turnips	1.+	.2	8.+	185
5	Musk Melon	.6	—	9.+	185
10	Strawberries	1.	.6	7.+	180
5	Okra	1.6	.2	7.+	175
10	Cauliflower	1.8	.5	4.7	140
5	Spinach	2.+	.3	3.+	110
5	Tomatoes	.9	.4	3.9	105
					100
5	Lettuce	1.	.3	2.9	90
5	Celery	1.+	.1	3.+	85
10	Asparagus	1.5	.1	2.8	85
5	Cucumbers	.8	.2	3.1	80
10	Bouillon	2.+	.1	.2	50

INVALID COOKERY.

Invalid cookery is becoming more and more an important part of general household cookery. The selection and prescription of food for the sick involves not only a knowledge of food composition and nutritive values, but also a knowledge of the individual taste and peculiarities of the patient.

It should be the aim of the person preparing the food to furnish a daily menu that will be appetizing, digestible, and as varied as possible within the limits fixed by the physician.

The problem of feeding the sick is to nourish the body, i. e., to rebuild cells, and to furnish energy.

Nutrition is affected by the amount of food eaten, combined with powers of digestion, absorption, assimilation and metabolism.

Selection of food for invalids is as important as medicine and nursing. Sometimes diet is the only means of cure. The nurse must understand what is meant by Liquid, Light and Convalescent Diets, in order to supply the patient's needs.

Liquid Diet is food for very sick people. Milk is the best all-round article on this list, alternated by broth and white of eggs raw. Milk is varied by adding different flavors, by difference in temperature, or by giving it as koumis, malted milk and gruels.

Acute disease is usually accompanied by fever, indicating that body tissues are being destroyed rapidly and must be replaced. The digestive apparatus is out of order, and it cannot dissolve solid food. Milk, eggnog, gruel, broths, are valuable at this time. They are digestible and nourishing.

Eggnog.

1 egg	1 T. lime water, and speck of
$\frac{2}{3}$ C. milk	salt
2 T. sugar	1 T. lemon juice

Beat yolks till foamy. Add other ingredients, stirring constantly. Add stiffly beaten white of egg and a dash of nutmeg.

White of egg is almost pure albumin, easily digested. The milk contains emulsified fat and a small amount of casein, which sometimes becomes solid in the stomach. The lime water is put into the eggnog to counteract this tendency.

Flour gruel is an old-time favorite with nurses. It is easily prepared. But is it always cooked long enough? Flour means starch, and starch means long, high cooking. Cook 30 minutes. If cornstarch is used, cook one hour.

Flour Gruel.

Mix flour with cold milk until smooth. Scald remainder of milk. Stir into batter, cook in double boiler. If flavors are added they should be pure natural flavors.

Invalid Cocoa.

½ C. milk 1 T. sugar
1 C. boiling water 2 T. prepared cocoa
 Few grains of salt

Mix dry ingredients. Dilute with boiling water to smooth paste. Add remaining water and boil 10 minutes. Add milk, and when hot serve. There are two important points in making invalid cocoa: one, the length of time required to cook it, and the other, the addition of salt. They both go back to the same source—starch. Chocolate is about 50% fat, and 10% starch, but when made into cocoa about one-half the fat is removed, which makes it less rich and more digestible for the invalid. The proportion of starch, however, is increased because of this change. High heat is required to rupture starch cells and make them digestible for the normal stomach. Is it not more important that they should be well cooked for an invalid? The salt brings up the flavor of starch and makes the beverage more palatable. Mill with Dover egg-beater, and serve in a pretty cup.

Variation: Serve with beaten egg, or with beaten white only.

The average invalid, when he begins to recover, craves something more substantial than liquids. He is right. These liquid foods are given because his digestion is impaired, and not because he does not need more solid nourishment. When he can digest more nourishing food, he should have it. Mrs. Hart, a celebrated English nurse and writer, compares liquid diet to a crutch. They both must be discarded as soon as possible. The invalid may then be put on a Light Diet, which consists of cream soups, soft custards, gelatine preparations, eggs, etc.

Serving: Use tray large enough to hold dishes well. A round tray is convenient for serving an article of liquid diet;

while an oblong tray does nicely for a light diet luncheon. Use the prettiest china and the finest linen that the house affords. Have the linen beautifully laundered, and the silver and glass shining. Do not garnish the food, but lay a pretty flower or sprig on the tray. Consider the harmony of colors.

Feed frequently, and give only a little at a time.

Remember that digestion is a psychological as well as a physiological process. Appeal to the invalid's aesthetic sense through the appearance of food, and if not too ill, entertain during the meal with jokes and interesting conversation, to keep the patient's mind from thoughts of self.

Invalid cookery, properly served, can be appetizing, nourishing, and attractive.

Some Foods Which Are Not To Be Eaten by Young Children or Invalids.

Meat—

Fresh pork

Veal

Ham, unless most carefully cooked at low heat for several hours

Sausage

Hash

Sweet breads, liver, tripe, brains

Cheese.

Eggs—

Fried

Hard boiled

Hard poached

Scrambled

or in any dish cooked with fat.

Raw Vegetables—

Cabbage

Cucumbers

Celery

Lettuce

Water cress

Green peppers, radishes, onions, pickles, olives or nuts.

Cooked Vegetables—

Fried potatoes, onions, or any fried foods

Cabbage boiled with meat

Lye hominy

Saratoga chips

Turnips

Baked beans

Peas

All pastries, salads, and rich sauces.

If onion is added for seasoning, it should be grated and strained.

Children should never have tea, coffee, nor highly colored candies.

**List of Foods Reasonably Safe for Those Whose Digestion Is
Not Strong.**

Liquid Diet.

Milk, buttermilk, and many other variations, and various flavors

Broths

Beef juice

Cocoa

Eggnog

Fruit beverages

Barley and rice water

Toast water

Albumin drinks

Gruels

Light Soft Diet

Broths and soup with grains

Eggs—soft cooked

Cereals

Toast

Custards

Jellies

Junket

Ice cream

Ices

Raw beef sandwiches and all foods included in Liquid Diet List.

Convalescent Diet.

All foods included in list of

Liquid and Soft Diets

Fish

Chicken

Squab

Eggs

Baked potatoes

Asparagus

Peas

Fruits

Desserts, except rich cakes and pastries

Chops and steaks.

"Few things are of more importance than that we should find ourselves physically and mentally equal to our day's work, but not many of us realize how largely this depends upon the food we eat."—Mary Hinman Abel.

TEMPERATURES.

In cook books, temperatures are usually expressed in Fahrenheit, but in books of "pure science," in Centigrade.

To change F. to C., subtract 32 and multiply by 5/9.

To change C. to F., multiply by 9/5 and add 32.

Temperatures in Frequent Use in Cookery.

C. [°]	F. [°]	
.....	450	Pastry
		Biscuit
		Layer cakes
...	420	Caramel
.....	400	Bread
.....	380	Deep fat frying, cooked mixtures
.....	360	Deep fat frying, raw mixtures
.....	365	Barley sugar
.....	310	"Hard crack"
.....	290	"Crack"
.....	248	"Hard ball"
.....	240	"Soft ball" in candy, or "Thread," in icing
100	212	Boiling point of water
...	185	Simmering
.....	169	Scalding milk
.....	98½	Blood heat
.....	85	Best temperature for yeast
.....	70	Room temperature
.....	45-35	Good refrigerator
0	32	Freezing point of water.

RECIPES.

Weights and Measures.

All measures are strictly level.

T.==teaspoonful

Tb.==tablespoonful

C.==cupful

3 T.==1 Tb.== $\frac{1}{2}$ oz. heavy materials

16 Tb.==1 C.==8 oz.== $\frac{1}{2}$ lb.

2 C.==1 pt.==16 oz.==1 lb.

4 C. or 2 pts.==1 qt.==32 ozs.==2 lbs.

These weights are only approximately true. A cup of heavy syrup weighs more than 8 oz. A cup of average flour weighs only 4 oz. "A pint is a pound" holds fairly true for butter, sugar, eggs, meat, milk. But it takes a quart of pastry flour to weigh a pound.

Few directions are needed, as all recipes are written in the order of mixing.

Table of Proportions for Quick Breads.

1 C. liquid to 1 C. flour.....	Popovers
1 C. liquid to $1\frac{1}{2}$ C. flour.....	Griddle Cakes
1 C. liquid to $1\frac{3}{4}$ C. flour.....	Waffles
1 C. liquid to 2 C. flour.....	Muffins or cake
1 C. liquid to 3 C. flour.....	Biscuits or bread
1 C. liquid to 4 C. flour.....	Pastry
1 C. liquid to 6 C. flour.....	Cookies

Sour Milk and Soda.

$\frac{1}{4}$ T. soda in $\frac{1}{2}$ C. thick, sour milk equals the gas produced by 1 level T. of baking powder. The soda should have all lumps crushed or sifted out before measuring. The measure should be accurate and the soda should be dissolved in 1 T. of hot water before adding to sour milk.

Soda may be used with lemon juice also, to produce gas for leavening dough. Use a scant $\frac{1}{2}$ T. soda for every cup of sour milk, or for 2 Tb. lemon juice.

Baking Powder.

2 oz. soda
2 oz. cornstarch (Weights must be accurate)
4 oz. cream tartar

Mix thoroughly, sift 6 times, and keep in tightly covered tin box. This makes $\frac{1}{2}$ lb. baking powder.

Biscuit, With Sour Milk.

2 C. flour	$\frac{3}{4}$ C. sour milk
2 T. baking powder	$\frac{1}{3}$ T. soda
1 T. salt	1 Tb. hot water
3 Tb. fat	

Mix dry ingredients. Dissolve the soda in hot water, then beat into the sour milk. Mix dough at once and bake as other biscuit.

Biscuit.

2 C. flour	3 Tb. Fat
4 T. baking powder	$\frac{2}{3}$ C. milk or water
1 T. salt	

Mix and sift dry ingredients. Work fat in evenly. Add liquid gradually and mix with spatula. Roll on floured board till $\frac{1}{2}$ in. thick. Cut out and bake from 12 to 15 minutes in hot oven. Or, do not roll, but drop by spoonfuls on baking pan.

Rich Biscuit.

Make the same biscuit dough, using more fat and 1 Tb. sugar.

For liquid, use 2 eggs well beaten and $\frac{1}{4}$ C. milk.

Shortcake.

Use rich biscuit dough, bake in round tin, and when cool spread thickly with fruit and whipped cream sauce. If canned fruit is used, it should be well drained, and the juice used in sauce.

Apple Slump.

Pare, core, and slice 4 apples.

Cook in water to cover till tender. Put into baking dish, add sugar to taste (about $\frac{1}{2}$ C.) and $\frac{1}{2}$ T. cinnamon (or other spice) and 1 Tb. butter.

Cover dish with biscuit dough, bake, serve with sweet sauce or cream.

Fruit Rolls.

Biscuit dough, rolled.

Spread with 2 Tb. soft butter.

Sprinkle over with:

1/2 C. raisins

1/2 C. nuts (cut fine)

2 Tb. sugar, mixed with

1/2 T. cinnamon.

Roll like a jelly roll. Cut off slices 1 inch thick. Bake 15 minutes.

Broiled French Toast.

3 eggs 1 C. milk

1/2 T. salt 6 slices stale bread

2 Tb. sugar

Beat eggs slightly, add salt, sugar, milk, strain into a shallow dish. Dip bread in mixture until soft. Place slices on well-oiled baking sheet or pan. Bake in moderate oven until top of slice feels dry, then turn slice over to dry out other side. Do not let toast become brown if served to children or invalids. Serve for breakfast or luncheon, or with a fruit sauce for dessert.

The "lost bread" so frequently made in this section is about the same as this, but is sautéed or fried.

Bread Griddle Cakes.

Mix and soak until soft:

1 1/2 C. fine, stale crumbs 1/2 C. flour

1 1/2 C. scalded milk 3/4 T. salt

2 Tb. fat, butter, lard 1 1/2 T. baking powder

or cooking oil 2 Tb. sugar

2 eggs well beaten

Soft Corn Cake.

1 1/4 C. cornmeal 2 eggs

1 T. soda 2 C. sour milk

1 T. salt 2 Tb. melted butter

Mix soda, salt and cornmeal; gradually add eggs, well beaten, and milk. Heat thick frying pan, grease sides and bottom with butter, turn in mixture, place on middle grate in hot oven and cook 20 minutes.

Golden Corn Cake.

(From Miss Farmer.)

3/4 C. corn meal	1/2 T. salt
1 1/4 C. flour	1 C. milk
1/4 C. sugar	1 egg
5 T. baking powder	1 to 2 Tb. melted butter

Mix and sift dry ingredients; add milk, eggs, well beaten, and butter. Bake in shallow buttered pan in hot oven 20 minutes.

Bread Muffins.

(Very inexpensive.)

1 qt. flour	2 T. salt
2 1/2 Tb. baking powder	1 1/3 C. milk

Steamed Brown Bread.

1 C. pinhead oatmeal or	1 Tb. soda
cream of wheat	1 T. salt
1 C. corn meal	1/2 C. molasses
1 C. Graham flour	
2 C. sour milk or a little less of sweet milk	

Mix in order given. Steam in buttered baking powder cans for 3 hours. Remove the lids and dry out in a slow oven. Raisins may be added to this recipe if desired.

Parker House Rolls.

8 C. (2 qts.) flour	2 C. milk
1 T. salt	1/2 C. sugar
2 Tb. butter, lard or cotton	1/3 cake compressed yeast

tolene

1 C. warm water

Mix and sift flour and salt, and work in the shortening thoroughly. Dissolve the yeast in lukewarm water. Scald the milk, dissolve the sugar in it after it is taken off the fire. Cool milk until it is lukewarm, mix yeast with it. Make a hollow in the center of the flour and pour into it the milk and yeast mixture. Sprinkle a little of the flour over the top. Cover well and set it to rise. If this is done at five o'clock, at ten o'clock stir the whole together thoroughly with a spoon. Cover and let rise over night. In the morning turn the dough onto a slightly floured board, work together a little, and roll

it evenly $\frac{1}{2}$ inch thick. Cut into rounds with a good-sized biscuit cutter. Place a piece of butter on one side and double the other side over it, so the edges meet. Let them rise until nearly doubled in size, about one and one-half or two hours, and bake in a hot oven for 20 minutes. Place rolls in greased pan far enough apart to give room for them to rise without running together. Glaze the surface before removing from oven.

Tomato Cocktail.

6 large, ripe tomatoes	Dash of tabasco
$\frac{1}{2}$ T. grated onion	1 T. Worcestershire
$\frac{1}{2}$ Tb. salt	4 Tb. tomato catsup

Skin tomatoes, cut crosswise, remove all seeds, chop pulp and mix with other ingredients. Set in refrigerator several hours to ripen. Serve as first course at lunch or dinner.

Red Bean Soup.

1 lb. red beans soaked over night.
Boil in about 2 qts. water until skins leave easily. Pass through puree sieve and add to roux.

Make roux, using:

2 Tb. fat of ham or bacon drippings	
1 onion, minced	
2 small cloves or garlic minced and fried in fat, and then	
flour added	
2 Tb. flour	

Let soup boil for 15 minutes after roux is added. Serve with small squares of toasted bread.

Vegetable Soup with Stock.

6 lbs. shin of beef	$\frac{1}{2}$ bay leaf
6 cloves	$\frac{1}{2}$ T. pepper corns
2 sprigs parsley	3 sprigs thyme
3 qts. cold water	1 Tb. salt

$\frac{1}{2}$ C. each cut fine of: carrot, turnip, onion, celery. Fry $\frac{1}{2}$ of meat and add to soup to improve color and flavor. Put rest of meat in soup kettle, add cold water and let stand $\frac{1}{2}$ hour. Put on low fire and add meat which has been fried. Bring to boil, cover, and cook slowly 5 hours. Keep below

boiling point. Add vegetables and seasonings. Cook 1½ hours more.

Cream of Potato Soup.

1½ qts. water	1 stalk celery
4 potatoes, cut small	2 sprigs parsley
2 onions, minced	2 Tb. fat
2 T. salt	3 Tb. flour
½ T. pepper	1 C. milk

Gumbo.

4 Tb. drippings	2 doz. okra pods, sliced
2 lbs. meat, ½ lb. or less ham cut in small pieces	1 onion, minced fine
veal knuckle cut small, and	3 sprigs thyme
Shrimp, or	1 Tb. minced parsley
Crab, or	1 bay leaf
Oysters, or	3 qts. liquid
Chicken, cut small	1 T. salt
	1 C. tomatoes
	2 Tb. flour

Cook 3 hours—simmer, not boil.

If oysters are used, they should be added 5 minutes before serving, in order to be tender. There should be two pounds meat in all, and it should be browned in the drippings first.

Cream of Mushroom Soup.

Cook ½ hour:

½ can mushrooms, mashed, rinsed and drained, sautéed in 1 Tb. butter and chopped
1 C. stock

Add to:

Thin white sauce in double boiler—

4 Tb. butter, melted to bubbling, and add
6 Tb. flour—when cooked 3 minutes, add
1½ qts. stock (chicken or veal preferred)
2 T. salt
¼ T. white pepper.

Rich milk may be used in place of stock.

Brown the butter and flour, when milk is used.

Turtle.

The green turtle is a sea turtle often weighing 200 pounds, and is the one oftenest found in New Orleans markets. There is a great variety of flesh found in the turtle. The eggs are used in soup. Price ranges from 12½c to 15c, rarely 20c.

The terrapin or diamond-backed turtle frequents the salt marshes along the Gulf and Atlantic coasts.

Turtle Soup.

(Recipe for 12 persons.)

3 lbs. turtle meat—cut small and parboiled 10 minutes, water used as stock.

Fry it in 4 Tb. fat (ham fat or other drippings best).

2 onions, small, minced	2 sprigs parsley
4 Tb. flour browned in fat	6 cloves
1 C. canned tomatoes	2 blades mace
1 Tb. salt and ¼ clove of garlic mashed fine	1 lump sugar
2 bay leaves	2 Tb. lemon juice
Cook 3 hours; strain.	4 qts. stock and water

Garnish: sliced hard-cooked eggs or quenelles of turtle meat, and thin slices lemon.

Quenelles.

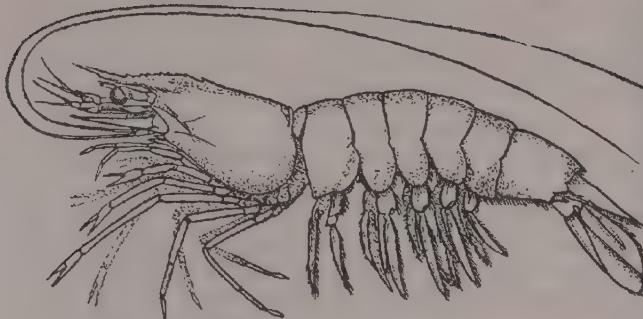
(Of turtle meat.)

Put the turtle meat used in soup through the meat grinder. For ½ lb. meat use ½ lb. bread crumbs, 2 egg yolks, hard. Season highly with salt, cayenne, parsley or thyme, spices (cloves and mace). Add:

2 whole eggs	2 Tb. lemon juice
Milk or water, or stock to moisten.	

Roll and fry like croquettes, or drop into boiling soup.

Shrimps.



Southern Shrimp

Mary McNaughton

Shrimps are of two classes, the lake and river shrimps. The former are in season all the year, the latter from April to November. Lake shrimp are used in salads and stews of various kinds, but the river shrimp, which are very much more delicate, are used chiefly as appetizers. The lake shrimp when purchased in the market are not alive. They should be well washed under running water and all stale ones discarded. The test for freshness is much the same as in other fish, by odor, by the softness and slightly pinkish color of the shell. After they are well washed they are cooked by dropping into highly seasoned boiling water and allowed to simmer for twenty minutes. Cool in the water in which they are cooked. Peel the shrimp and remove the dark line which is the alimentary tract. The shrimp are now ready for use in all sorts of stews and salads.

River shrimp are prepared in the same way except that they are served in the shells, very cold on beds of cracked ice, as the introductory course of a dinner or luncheon. Shrimp in salad are combined in various ways with cooked eggs, celery, lettuce, cucumbers, capers, minced green peppers and olives. They are served in aspic, in tomato jelly, and are used in combination with other materials for stuffing tomatoes.

Shrimp are used in combination with ham, bacon or other meats for the stuffing of eggplants, green peppers, etc., to be baked.

If canned shrimp are used, they should be removed from can and aerated several hours before using.

Shrimp Wiggle.

1 C. shrimps	1 T. chopped parsley
1 C. peas	1/2 T. extract of beef
1/8 T. paprika	1 Tb. lemon juice
2 Tb. flour	1 yolk of egg
1 1/2 C. milk	1 T. lemon zest
2 Tb. butter	1/4 T. mustard
1 T. salt	

Melt the butter in the chafing dish, mixing the flour well with it; cook 3 minutes, then pour in gradually the milk, and as soon as the sauce thickens add the prepared shrimp and peas with all the seasonings. Bring to the boiling point and serve.

Crayfish.



River Cray Fish

Mary McNaughton

The crayfish is a kind of "poor relation" of the aristocratic lobster, but is much used as food. It should be prepared and

cooked as are crabs and shrimp. Crayfish are sometimes served whole on the table after being boiled in highly seasoned water, but they are more often used in a bisque. The mud "chimneys" which they throw out over their homes are picturesque.

Crayfish Bisque.

2 qts. Crayfish—about 4 lbs.	2 sprigs thyme ½ clove garlic
4 qts. water	1 Tb. salt
1 knuckle of veal	1 can tomatoes
1 onion, sliced	6 Tb. browned flour
1 pod red pepper	1 C. soft stale bread crumbs
2 sprigs parsley	½ C. butter

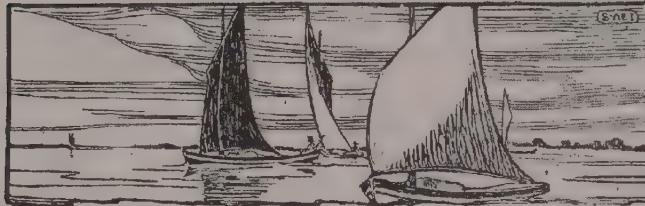
Soak crayfish for 2 hours in very strong salt water. Wash thoroughly under running water. Simmer 20 minutes. Take from water. Remove the meat from the shells, including the heads. If desired to stuff some of the heads for garnish to soup, save enough meat for this purpose. Return the rest of meat to water in which fish were cooked. Add veal, seasonings, and tomatoes. Simmer for 3 hours. Strain, add browned flour, and bring to boil. The heads, if used, are stuffed with crumbs and meat, salt, pepper, and butter, and baked in oven. Place these in tureen and pour the bisque over them.

Crayfish Coquille.

1 qt. cooked and picked crayfish	½ T. parsley 1 T. salt
2 Tb. butter	8 drops tabasco, or less
1 Tb. flour	1 Tb. lemon juice
2 C. cream or milk	½ C. bread crumbs
1 T. onion, grated or minced	

Make sauce, add fish. Cook 5 minutes. Put into shells, cover with buttered bread crumbs, to brown. Bake 10 to 20 minutes.

Oyster Luggers.



The Barataria waters lie west of the Mississippi, near the Gulf coast. They are the home of great oyster beds and are free from contamination of sewage. The Louisiana oysters are of large size and fine flavor.

Broiled Oysters.

1 pt. oysters, washed in $\frac{1}{2}$ cup of water, dried,
and dipped in

2 Tb. melted butter, then in the following:

6 soda crackers, rolled fine

$\frac{1}{2}$ T. salt

$\frac{1}{8}$ T. pepper

Dip again into melted butter if brownness is necessary. Place on pan in the oven until oysters are plump and juices begin to flow. Serve at once.

Sauce for Oyster Cocktail.

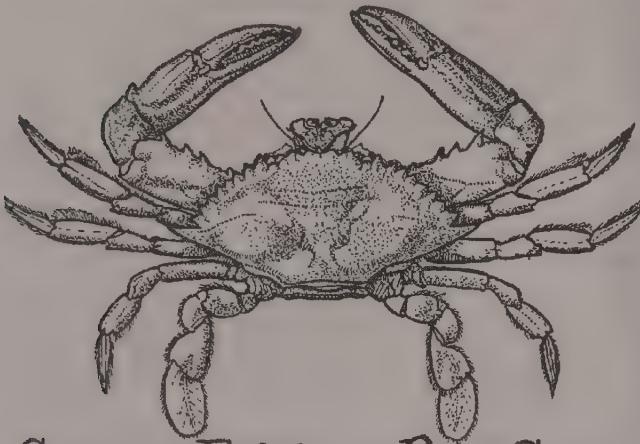
$\frac{1}{2}$ Tb. horseradish	2 Tb. lemon juice
$\frac{1}{4}$ T. tabasco	4 Tb. tomato catsup
$\frac{3}{4}$ Tb. Worcestershire	$\frac{1}{2}$ T. salt
1 Tb. vinegar	2 doz. small oysters

Panned Oysters.

This is the simplest method of cooking. Prepare in the usual way to clean and free from bits of shell. Drain. Put 2 Tb. butter into chafing dish (over water pan) or double boiler. When butter bubbles, add oysters, and toss about until plump, and the edges curl. Serve on buttered toast. A stew may be made of this by adding milk and heating. Seasonings may be added with butter or milk. 1 pt. oysters, 1 pt. milk.

An excellent sauce for the paned oysters is made by merely heating in butter 2 Tb. chopped chives with a little fresh or powdered thyme. Toast, oysters and sauce must all be hot.

Crabs.



Common Edible or Blue Crab

Mary McNaughton

Crabs should be bought alive—always. Baskets are covered with Spanish moss to keep crabs quiet. When ready to cook remove moss and handle crabs with fire tongs or long-handled kitchen spoons or forks. Drop one at a time into madly boiling, highly salted and seasoned water. When all are in, reduce the heat and simmer for 10 minutes, until the shells are bright red. Too much cooking makes flesh watery. Cool in water in which they were cooked.

Crab meat, if well prepared in the home, is the most delicate of all flesh foods. Crabs may often be bought in New Orleans for twenty-five cents a dozen, in the early summer, or late spring.

How To Get Crab Meat from the Shell.

Remove the claws. Crack them with a mallet on meat board, or with nut crackers. With pointed knife turn back

the "apron" or "tablier" and remove it. From opposite side pry shell some, and pull apart. The gills lie along each side. They are white and fibrous and not edible, and are sometimes called "dead man's fingers." The soft yellow fat is considered very delicious. The intestine and brain should be discarded. The meat lies in long segments of thin shell-like substance and the whole body clings to the under shell. This can be broken into two parts, and meat taken out with fork and fingers, cracking shell as needed. The claw meat is large and fine. Picking crabs is a tedious process. The upper shell is used to place the "fareci" or seasoned flakes into for stuffed crabs.

Stuffed Crabs.

2 C. cracker crumbs	1/2 T. mustard
1 C. hot milk	1 T. thyme (coarse sprigs)
1 egg	3/4 T. salt
1 Tb. butter	1 Tb. grated onion
1/4 T. cayenne	2 C. crab flakes (1 doz. crabs)

Clean the upper shell, fill with this mixture, dot with butter, and bake 10 or 15 minutes.

Devilled Crabs.

2 C. crab meat (8 to 10 crabs)	1/4 T. paprika
1 C. milk	1 T. lemon juice
2 Tb. butter	1 Tb. minced parsley
2 Tb. flour	1/2 C. chopped mushrooms
1 T. salt	2 yolks of eggs

Make white sauce, add seasoning, crab meat and yolks of eggs. Cook to thicken. Cool slightly, put into crab shells, cover with buttered crumbs and brown in oven.

Broiled Soft Shell Crabs.

8 soft shell crabs	1/2 T. salt
8 thin slices toast	1 1/2 T. olive oil
1/2 C. butter	1/4 T. cayenne
1 T. parsley	1/2 lemon, sliced thin

Clean crabs by removing sand bag between eyes and "dead men's fingers" from under each shell. Mop crabs with oil,

salt and pepper. Have broiler hot. Cook 10 minutes. Serve with drawn butter, parsley, and lemon.

Soft shell crabs are often fried in deep fat.

Appetizer à la Princesse.

5 crabs	1 C. cream
Crab meat or chicken	3 Tb. lemon juice
breast pounded in a 6	drops Worcestershire
mortar or minced	1/2 T. salt
5 Tb. mashed cress	1/8 T. cayenne
1/2 C. nuts, finely	Garnish of lemon slices
ground	and water cress

Mix, and set aside for an hour to ripen.

Fish.

The fish most common in New Orleans markets are red snapper, sheepshead, croaker, redfish, Spanish mackerel, trout and pompano. The finest flavored is the pompano and it is usually broiled. It is cheapest in the late months of winter and bears cold storage better than most fish. Costs from 20c to 50c per pound, according to the season.

The red snapper is a fine, handsome fish, excellent for baking. It is a dry* or white fish and frequents the deep, sandy pools of the ocean. It is found in the markets all the year and the cost runs from 10c to 12½c per pound. The redfish is also a dry (not oily) fish, but as it is found in shallow waters near the shore, it should be examined carefully before using. It is excellent for courtbouillon and in any stew. The redfish is about 10c a pound.

*Dry or white fish means that most of the fat is not distributed through the flesh, but is found in the liver.



Florida Red Snapper



Mary M^r Naughton

Baked Red Snapper.

1 large red snapper.

Dressings—

2 C. fine, stale bread	1 qt. tomatoes
crumbs	1 C. stock
1/4 C. butter	3 Tb. butter
1 Tb. onion, grated or	2 Tb. browned flour
juice	1 T. minced onion
1 T. salt	2 T. salt
1/3 T. pepper	1 pod pepper
2 doz. oysters (or none)	2 Tb. Worcestershire sauce

Stuff fish, add tomato sauce. Baste frequently and bake thoroughly, from $\frac{1}{2}$ to $\frac{3}{4}$ hour.

Sheepshead is a white fish good for broiling and baking, found all the year round in markets. Price $12\frac{1}{2}$ to 15c per pound.

Croakers are a universal breakfast fish; usually small, best fried in deep fat.

Fish and Tomato Soup (Cheap).

1 gal. water	1 T. minced onion
1 head and 4 slices of red fish	1 clove garlic, or less 1 Tb. salt

1 bay leaf	1 pod pepper
1 sprig thyme	2 tomatoes
1 sprig marjoram	1 Tb. Worcestershire sauce

Boil head in water with herbs, onion, garlic. Cut up slices of fish, remove bone, and fry in butter, then add flour, tomatoes, salt and broth from head. Cook 3 hours, add Worcestershire.

Tunny, Tuna, Horse Mackerel.

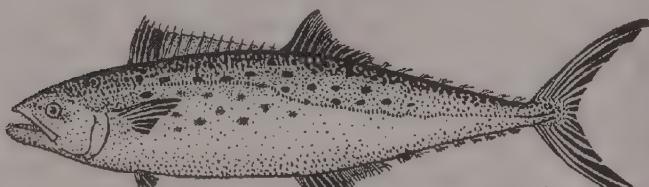


Horse mackerel or Tunny

Mary McNaughton

Common to all warm seas. Tunny sometimes weighs a thousand pounds or more and is extensively caught in the Mediterranean. On the Atlantic coast of America it is called horse mackerel; on the Pacific coast, where it is much sought for as a game fish, it is called tuna.

Spanish Mackerel.



spanish mackerel

Mary McNaughton

The Spanish mackerel is a firm, oily fish of fine flavor. The cost is from 15c to 25c per pound. Usually broiled.

Court bouillon.

2 lbs. fish cut into pieces 2"x3", salted and fried	
2 Tb. butter	1/4 T. white pepper
2 Tb. flour	1 red pepper
1/2 onion	1 bay leaf
2 C. cooked tomatoes	2 sprigs thyme
1 T. salt	

Put fried fish in sauce and simmer for 1/2 hour, add 1 Tb. lemon juice. Redfish are usually used.



Red fish or Bass



Mary M. Naughton

Fish Roe Canape.

1 Tb. butter	1/4 T. pepper
1 Tb. grated onion	1/2 C. minced celery
1 Tb. lemon juice	1 can fish roe
1 T. salt	

Cook only long enough to be very hot.

Serve on buttered toast, hot.

Egg Croquettes.

6 eggs cooked hard and chopped	
1 can mushrooms chopped and sautéed for 4 minutes	
6 Tb. butter	1 T. salt
12 Tb. flour	1/2 T. white pepper
2 C. milk	

Make this stiff white sauce and add to it the eggs and mushrooms. Cool. Mix, mold, roll in crumbs, then egg, then crumbs. If possible, allow to dry several hours before frying in deep fat.

Entrées.

An entrée is a side or subordinate dish and is usually served before the meat course. It is made of choice materials and accompanied by fine sauces, and is usually served in individual portions.

When two entrées are served one immediately after the other, the most delicate one should be served first. If one consists of solid pieces of meat or fish, the basis of the other should be of chopped ingredients. The same sauce should not appear twice. Variety of all details is desired.

The greater number of entrées are prepared from protein substances: as eggs, fish of all kinds, fowl, lamb, veal, game and choice portions of beef, but choice fresh vegetables, as mushrooms, cauliflower, tomatoes and asparagus, are also used. Some fruits are used.

Some of these dishes are often served as the main course at lunch.

Rice Timbales.

1 C. rice	2 Tb. fat
2 C. broth	4 Tb. flour
1 T. salt	4 eggs
1 C. cooked giblets	6 drops tabasco

Melt the meat drippings, add flour and cook until the flour is brown. Add the broth and stir until thickened. Then add the hard boiled eggs and giblets, which have been cut up. Take the rice which has been boiled with the thickened broth until soft and line the well-buttered timbale case. Fill the center with the giblet mixture and cover with rice. Put into the oven for a few minutes, until hot.

Celery-Roe Timbales.

$\frac{1}{4}$ C. butter	1 Tb. lemon juice and onion
1 C. roe	1 C. celery, cut into $\frac{1}{2}$ -inch pieces
1 T. salt	

Cook together ten minutes and serve in timbale cases.

Swedish Timbales.

2/4 C. flour	1/2 C. milk
1/2 T. salt	1 egg
1 T. sugar	1 Tb. olive oil

Mix dry ingredients, add milk gradually, and beaten eggs; then add olive oil. Dip a hot timbale iron into the batter, fry in deep fat until crisp and brown, and invert on brown paper to drain.

Celery-roe timbales are nice served on toast, crackers or cup-shaped bread. Even dinner rolls might be used for this purpose—a good Sunday night supper dish.

Jambalaya.

2 Tb. fat	2 C. canned tomatoes
1 large onion, minced	2 C. liquid, water or broth
1 clove garlic, minced	1 C. washed rice
2 sprigs parsley, minced	2 T. salt or more
2 stalks celery, minced	1/2 T. white pepper
2 C. peeled shrimp, cut medium size	

Garlic cannot be dispensed with. Fry the seasonings in the fat to a light brown.

Any mixture of left-over meats, as ham, chicken, turkey, oysters, etc., may be substituted for, or added to, the shrimp.

Tongue in Aspic.

Simmer tongue from 5 to 6 hours in water to cover, with 6 slices of carrot, 2 stalks celery, 1 onion stuck with 6 cloves, 1/2 T. peppercorns and 1/2 Tb. of salt. Take from kettle, plunge into cold water and remove skin and roots. Reduce broth to 3 cups, strain, and add the tongue, which has been ground through a meat grinder.

Add 1/4 C. pimentoes, 1 C. celery, 4 hard-boiled eggs. Chill, then place in refrigerator, well covered, until it is congealed.

Aspics, and all gelatine dishes, should be well protected from the air until served.

Mint Jelly.

2 Tb. granulated gelatine, soaked in
1/4 C. cold water till it swells
5 or 6 sprigs of pepper mint, chopped.
1 C. boiling water 1/2 C. sugar
1/2 C. lemon juice

Cook 5 minutes and add the gelatine. Stir well, then add the lemon juice. Chill in cold water and set into refrigerator to harden. This should be covered closely until ready for service. Serve with meats.

MEATS.

Daube Glacé.

3 lbs. thick, lean round steak (or rump)
2 calf's feet, cleaned and broken (or 1 large knuckle)
2 bouquets of garden herbs, bay leaf, savory, thyme,
parsley, etc.
2 carrots 2 large onions
2 turnips 2 green onions (shallots)
1 red and 1 green pepper

Put into large soup pot and fill 3/4 full of water, adding 6 cloves if liked. Simmer 4 hours very slowly or until water is reduced to 1/4 of potful.

Take out meat, remove all bone, fat and sinew, put into wet mold and press very hard. Strain liquid left, adding salt to taste, and 2 Tb. lemon juice, and pour on meat. Cover with a weight. Set away on ice after cooling until next day. Serve sliced on shredded lettuce.

Creamed Mushrooms and Chicken.

3 Tb. butter melted to	2 Tb. flour
bubbling. Add	1/2 T. lemon zest
1/4 T. paprika	2 C. liquid (cream and
2 T. salt	chicken stock)
1/4 T. mustard	

Cook until thickened and add:

- 1 yolk of egg, beaten
- 1 can mushrooms, rinsed, drained, chopped, sautéed.
- 1 C. chicken, cooked, cut into $\frac{1}{3}$ " cubes.

Serve on crackers or buttered toast, or buttered home-made bread.

Ham.

Soak in cold water several hours. Wash well. Remove string and hard skin near bone. Start the ham to cook in cold water. Use large kettle or clean wash boiler. A fireless cooker is excellent, but the ham must be cut (and sawed) into two parts, usually. When the boiling point is reached, reduce the heat, and let water simmer slowly for 4 or 5 hours. Allow the ham to cool in water in which it was cooked. When removed from kettle, take off the skin and some of the fat. Rub the whole ham with sugar, and dust it with fine sifted cracker crumbs. Stick it with cloves a half inch apart, and bake in a very slow oven for 1 hour.

Nut Loaf.

1 C. pecans, cut small	1 onion, grated
1 C. soft, stale bread	1 T. salt
crumbs	$\frac{1}{3}$ T. pepper
1 C. milk	$\frac{1}{2}$ T. dried sweet herbs
1 egg, slightly beaten	(bought as "poultry seasoning")

Mix well and bake $\frac{1}{2}$ hour.

Chicken "a la King."

- 2 Tb. butter (melt in frying pan or blazer)
- $\frac{1}{2}$ green pepper (chopped fine)
- 1 C. fresh mushrooms (peeled, broken into pieces)

Stir and cook 3 or 4 minutes. Add:

- 2 Tb. flour, and cook 3 minutes longer.
- $\frac{1}{2}$ T. salt
- 2 C. cream or milk
- 3 C. cooked chicken (cut in cubes)
- $\frac{1}{4}$ C. butter (creamed)
- 2 egg yolks
- 1 T. onion juice
- $\frac{1}{2}$ T. paprika
- 1 Tb. lemon juice

Cream together, add to other hot mixture, continue stirring until egg thickens a little.

Serve on toast.

Pecan Dressing for Chicken or Turkey.

2 C. soft, stale bread	$\frac{1}{3}$ T. pepper
crumbs	$\frac{1}{3}$ T. powdered poultry sea-
$\frac{1}{4}$ C. butter or other fat	sining (a mixture of
1 Tb. onion, grated	thyme, parsley, sage,
1 T. salt	savory, etc.)
	1 C. chopped nuts

Mix in order given with spoon or hands.

Melt butter before measuring.

1 can mushrooms or 1 C. chopped truffles makes a good addition.

If desired, 1 egg and $\frac{1}{3}$ C. hot water may be added. This will cut better when fowl is to be served cold.

Use three times this quantity for a turkey of medium size.

Game.

Wild animals and fowls have dark flesh, probably because the muscles are much used. Fowls should be hand picked—never scalded unless very old. The mallard or French duck is common in our markets. Usually it is baked in quick oven, about $\frac{1}{2}$ hour, and served with turnips. Better not stuffed. Many people like to place an onion inside during the baking. Cold duck is cut into small pieces and heated with an equal amount of cooked celery. The sauce in which the celery is cooked is made of butter (or chicken fat), flour and stock (or water).

Small birds are cleaned, washed and sometimes larded, rubbed with salt and soft butter, then dredged with flour. A small skewer may be run through legs and tail. Cook in quick oven, not more than 30 minutes—often 15 or 20. If served on a bed of bread sauce or toast, all of the juice or gravy is saved.

Game should be roasted, broiled, or stewed—never fried. Venison may be cooked much as beef, always remembering that it needs quick cooking.

Rabbits should be so carefully cleaned that no fur touches the flesh. Wash clean and rub inside with salt and pepper.

Stuff. Rub outside with butter and seasonings, and dredge with flour. Place in pan with $1\frac{1}{2}$ C. hot water and bake in quick oven about $\frac{1}{2}$ hour. Make a gravy. Serve with mashed potatoes.

Pimientos.

Remove seeds and veins from peppers.
Boil 6 sweet green peppers for 10 minutes.

Stuff with:

2 C. finely chopped beef (or mixed meats)
1 C. raisins, cooked
1 C. nuts, cut fine

Moisten with cream, lemon juice or butter. Bake 20 minutes in covered dish with $\frac{1}{4}$ C. water.

Cheese Soufflé.

2 Tbs. butter	Few grains cayenne
3 Tb. flour	$\frac{1}{4}$ C. grated American cheese
$\frac{1}{2}$ C. scalded milk	Yolks of 3 eggs
$\frac{1}{2}$ T. salt	Whites of 3 eggs
$\frac{1}{4}$ T. mustard	Toast

Make a sauce of first 6 ingredients, add cheese, remove from fire. Add yolks beaten until lemon colored. Cool the mixture, cut and fold in stiffly beaten whites. If made in chafing dish cover, and place over hot water pan. Do not lift lid for 25 minutes. Serve at once with toast.

Mixture may be poured into buttered baking dish and baked in slow oven for 20 minutes.

Cheese Balls.

1 Tb. butter	2 Tb. flour
Cook 2 minutes. Add:	
$\frac{1}{4}$ C. milk—cook till thick	$\frac{1}{2}$ C. cheese, cut very fine
5 drops tabasco	$\frac{1}{4}$ T. salt

White of one egg beaten and folded through the cheese sauce mixture. Form into 8 or 10 balls. Roll in cracker crumbs. Fry in deep fat. Serve at once on toast.

Welsh Rarebit.

2 Tb. butter	1/2 lb. soft, mild cheese, cut
2 Tb. flour	in small pieces, or about
1 C. thin cream or	1 C.
top milk	1/4 T. salt
	1/4 T. mustard
	Few grains cayenne
	Toast or crackers

Melt butter, add flour, stir well and cook 3 minutes. Add cream, stirring constantly and cook until bubbles appear. Add cheese, stir until cheese is melted, season and serve on toast or crackers.

A rarebit should be smooth and of a creamy consistency—never stringy or tough.

Cheese Toast Sandwiches.

Rub together:

4 Tb. chopped soft	1/8 T. paprika or 4 drops
cheese	tabasco
1 Tb. soft butter	1/8 T. Worcestershire
1 Tb. cream	6 slices bread 1" wide and
1/8 T. salt	4" long
1/8 T. mustard	

Make into sandwiches and toast lightly on both sides. Serve with salads or soups.

Tomato Rarebit.

2 Tb. butter	2 C. finely cut cheese
3 Tb. flour	1/2 T. salt
3/4 C. rich milk	1/4 T. mustard
3/4 C. stewed tomatoes	dash cayenne
ad 1/4 T. soda	

Savory Sweet Peppers.

1 C. fine, soft crumbs	1/2 T. salt
1 onion, grated	1/4 T. pepper (paprika
2 Tb. butter	preferred)
	1 C. finely cut cheese

With this mixture stuff 6 sweet peppers which have been cooked 10 minutes in hot water, and seeds removed.

If the skins have been removed, bread-egg-and-crumb these, and fry in deep fat. They may be baked, not more than 10 minutes. In either case, serve with tomato sauce.

Noodles.

Beat eggs until light, add flour. Put through colander with spoon or wooden potato masher into pot of boiling salted water, or broth. Cook 10 minutes and drain. These are light and delicious. Use as macaroni, with cheese, white sauce, or tomato sauce. Mixture may be dropped into deep fat and fried. Drain and use as a soup garnish.

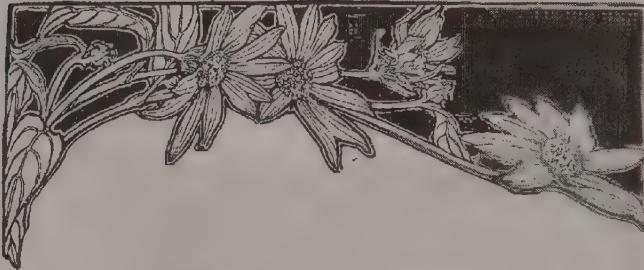


The Artichoke.



BUR ARTICHOKE

There are two classes of artichokes. The bur artichoke, known also as the French or green globe artichoke, is related to the thistle family. It is propagated from slips or suckers coming up in the spring. In selecting from the market, test the freshness by breaking off one of the scales or fleshy leaves. If it snaps up easily, it is fresh and young. It is boiled about 20 minutes in salted water to which 1 Tb. of vinegar is sometimes added. It is served hot with a little dish of melted butter into which the thick parts of the petals are dipped as eaten. The heart or bottom of this artichoke is most esteemed. The part known as the "choke" consists of the fine threadlike particles which are the beginning of the blossoms and should be carefully avoided when eating. These artichokes are sometimes eaten cold with French dressing.



Blossoms of Ground Artichoke

The ground artichoke, or Jerusalem artichoke, is a tuberous rooted perennial sunflower 6 to 10 feet high. Thirty to fifty tubers cling about the root. There are four varieties, white, yellow, red and purple. They are propagated like potatoes in rows over 2 feet apart. They will grow on hillsides in dry land where little else can be raised. The crop matures in 5 months and may be left in the ground through the winter, but if frozen when out of the ground, will spoil quickly. These artichokes are 78% water, but contain 17% sugar and inuline, a kind of carbohydrate. The tubers are cooked much like potatoes in boiling salted water. They make a nice vegetable served hot with melted butter, salt and pepper. They are cooked to advantage in the "fireless." They are also pickled, but are best as salad. They should be marinated in French dressing several hours before using. They are also used as a purée with rich milk.

These artichokes are much used for cattle and hogs, and the latter may be turned into the fields to root for themselves.



Avocado.

The avocado, or alligator pear, is grown in Mexico, South America, Florida and the West Indies. The form varies from round to oval and pear-shaped. The outer skin is tough and leathery. Some varieties are bright green, others brownish green, yellow, red and dark purple. The large green fruit is best. It sometimes weighs 4 pounds. The flesh is ripe when it yields slightly to pressure.

This delicious fruit is best with lemon juice and salt. It does not need oil, as the natural fat is sufficient (10%-20%). It seems better eaten from the rind, as cantaloupes are, though it may be cut and pared and served as other salad fruits and vegetables. After it is cut apart and the large seed removed, slash the inner pulp and add the dressing. Serve cold.

Stuffed Peppers.

Mix—

1 C. bread crumbs, fine	
1/2 C. ground cooked pork	
4 Tb. cooked celery, chopped fine	
1 C. tomato pulp	6 drops tabasco, or
1/2 T. salt	6 drops cayenne
1/2 onion, grated	

Mix in order given and add to first mixture.

Remove the seeds and veins and scald the peppers for 10 minutes before stuffing. Place a very little butter on top of each stuffed pepper and bake 15 minutes.

Cauliflower.

Remove leaves, cut off stalk, and soak 30 minutes, head down in cold water to cover. Cook head 20 minutes or until soft in boiling salted water; drain and serve with white sauce. Cauliflower may be served with melted butter or Hollandaise sauce, or used in a salad. Salt in water does not darken.

Stuffed Eggplant.

1 large eggplant	1/2 T. salt
1 C. stale bread crumbs	1/4 T. pepper

2 Tb. butter (or fat from bacon)	1 egg, or none
	1/2 C. buttered crumbs
1/2 Tb. grated onion	

Cook eggplant until tender (about 40 minutes) in boiling salted water to cover. Cut eggplant in halves and with spoon remove pulp, leaving a shell to be filled. Melt butter, add onion and parsley and cook 5 minutes. Add chopped pulp and bread crumbs, season with salt and pepper. If desired moisten with 1/2 C. water or stock, or 1 C. canned tomatoes. Cook 10 minutes, stirring well. Cool slightly and add egg. Refill shells, cover with buttered crumbs and bake in hot oven until crumbs brown.

One cup or less of shrimp, chopped or ground, ham, or leftover meats, may be added to eggplant.

Candied Sweet Potatoes.

6 medium-sized potatoes	1/2 C. water
1 C. sugar	2 Tb. butter

Wash and pare the sweet potatoes. Cook 10 minutes in boiling salted water. Drain, cut in thick slices lengthwise, and put in a buttered pan. Make a syrup by boiling sugar and water 3 minutes, add butter, pour over potatoes and bake until soft—about 15 minutes.

Creamed Oyster Plant (Salsify).

Wash, scrape, and put at once into cold acidulated water to prevent discoloration. Cut into slices, steam until soft, drain. Pour white sauce over salsify and serve hot.

Vegetable Pear.

The vegetable pear, or mirliton, belongs to the cucumber family. It is a delicate, succulent vegetable. It is usually boiled, cut into halves, the pulp removed and mixed with cooked shrimps and seasoned crumbs, then returned to the shells and baked.



OKRA.

Okra.

Okra is chiefly used in making gumbo, but is also served hot as a vegetable with butter, salt, pepper and a very little lemon juice. As a salad, it is served with French dressing.

Cashaw.

Cashaw is a kind of pumpkin, whose flesh is fine grained, yellow and sweet. It is steamed until tender, then seasoned with butter, sugar, and a little salt, and baked.

Rice.

The rough, brown rice, as it comes from the threshing, is not found in our markets. The natural coating, rich in mineral properties, is removed, and is said to be sold for face powder. After it has been removed, an artificial coating of glucose and talcum is put on it to preserve it. This preservative should be well washed off. Place the rice in strainer set in pan of water. Rub between fingers. Then let water from faucet run through strainer until it runs clear.

A fireless cooker is excellent for rice.

1 C. washed rice 1½ C. cold water 1 T. salt

Place in the fireless kettle, and set on the disk as it heats on the fire. When disk is hot, place both in fireless for an hour.

Grains are separate and dry, and the rice has a better flavor than when boiled.

The rice without the coating of glucose and talcum is called "unpolished" in the markets, and can be bought in some places.

Chicken Salad.

When chicken is stewed, the water should boil about 5 minutes and then the heat reduced so that it only simmers until tender. Let cool in liquor. The liquor in which it cools may be boiled rapidly after the chicken is removed until you have not more than 2 cups. Use this in the dressing. Remove bones, gristle, fat and skin. Cut meat into half-inch pieces or smaller. Mix with one-third as much celery and a cup of pecans or blanched almonds cut rather small. After lightly tossing with the dressing, serve in nests of tender lettuce.

Cooked Dressing for Chicken Salad.

Yolks of 4 eggs	1/2 C. vinegar
1 T. salt	1 C. good (reduced)
1/3 T. dry mustard	chicken stock
1/4 T. white pepper or tabasco sauce	1/2 C. cream, whipped and beaten in with a wire egg beater

Cook in double boiler, stirring constantly.

If desired, 1/4 C. of olive oil may be beaten into this mixture when ready to serve.

Cold Slaw.

1/2 head cabbage, chopped	1 T. sugar
1/2 C. cider vinegar	1 T. salt
1/2 C. olive oil or melted butter	1/2 T. mustard
	3 dashes cayenne pepper

Bring to a boil, the oil and vinegar with the seasonings, and pour over the well-beaten yolks of 3 eggs. Return to double boiler and stir until it thickens. Pour over cabbage and serve cold. Garnish with chopped green peppers if desired.

Kumquat Salad.

$\frac{1}{2}$ box gelatine ($\frac{1}{2}$ oz. or 2 Tb.)

$\frac{1}{2}$ C. cold water

Soak 10 minutes.

Add—

$\frac{2}{3}$ C. boiling water $\frac{1}{2}$ bay leaf

$\frac{1}{2}$ C. sugar 3 inch strips of lemon zest

$\frac{1}{2}$ C. lemon juice 1 sprig thyme

Stir over fire until sugar and gelatine are dissolved.

Strain and cool.

Set in pan of ice and water with some salt in it, until the gelatine begins to thicken.

Fold into this mixture $\frac{1}{2}$ C. of white grapes (measured after being prepared by dividing and discarding skins and seeds) and $\frac{1}{2}$ C. of thinly sliced kumquats.

This salad may be hardened in individual molds, or in one large mold. The latter is less trouble.

Serve with mayonnaise.

A California Salad.

4 tomatoes, cut in slices or sections

3 hard-cooked eggs, in slices or sections

2 green peppers, cut small

Lettuce or water cress

Marinate this mixture with the following dressing:

4 Tb. oil 1 T. salt

2 Tb. vinegar $\frac{1}{8}$ T. mustard

1 onion, grated $\frac{1}{2}$ T. Worcestershire

$\frac{1}{4}$ T. anchovy essence $\frac{1}{2}$ clove garlic, crushed and

$\frac{1}{4}$ T. paprika added, or if not well

$\frac{1}{4}$ T. pepper (black) liked, simply rub bowl
with it

Angel Cake.

Sift flour and sugar twice before measuring.

Whites of 9 eggs 1 T. vanilla

$\frac{3}{4}$ T. cream tartar 1 C. flour (pastry, sifted 4

1 C. sugar (fine times after measuring)
granulated)

When whites of eggs begin to foam, add cream of tartar, and beat until stiff and dry. Beat in the sugar, add the vanilla. Sift the flour over the batter in thin layers, fold each layer into it very lightly. After the flour begins to go in, every stroke of mixing spoon adds to the toughness.

Bake in ungreased pan which has little slides sticking up, so that cake may be inverted the instant it comes from the oven.

The oven should be very slow, so that the cake will take a half hour to rise. The heat may then be increased a little, to brown delicately. When the rounded surface sinks to the level, the cake is ready to be taken from oven and inverted. It finishes baking in this position, and should not be disturbed until cold, when it may be cut loose from sides of pan, and from the bottom of pan after slides are removed.

Bread flour may be used, if the measure is shortened to $\frac{7}{8}$ of a C.

Sunshine Cake.

Measure sugar and flour after two siftings.

7 whites of eggs	5 yolks of eggs, well beaten
$\frac{2}{3}$ T. cream tartar	1 f. vanilla
1 $\frac{1}{4}$ C. fine granulated sugar	1 C. flour, sifted 6 times

Beat into the whites the sugar, lightly, but well; yolks of eggs, well beaten, and vanilla. Fold flour in carefully, and bake as angel cake.

Gold Cake.

$\frac{3}{4}$ C. butter	2 $\frac{1}{2}$ C. flour
1 $\frac{1}{2}$ C. sugar	5 T. baking powder
Yolks of 8 eggs	$\frac{1}{2}$ T. lemon or orange extract
$\frac{1}{2}$ C. water	

Bake in loaf or layers.

A rich cake often made when angel cake is being made, as it calls for no whites of eggs.

Standard Cake.

$\frac{1}{2}$ C. butter	1 T. vanilla
1 $\frac{1}{2}$ C. sugar	3 C. flour
4 yolks of eggs	3 T. baking powder
1 C. milk	4 whites of eggs

Mix in order given, reserving whites of eggs in a cool place until ready to use. Beat very light. Fold into the mixture, and bake in a loaf or three layers. This is a plain cake, but a sure one. It may be varied by the addition of chocolate, molasses, nuts, fruit, etc. Vanilla and grated orange peel are good.

Valentine Cakes.

1/2 C. butter	1 T. grated rind of lemon
1 C. sugar	1 1/4 C. flour
4 eggs	1/4 T. soda
1 Tb. lemon juice	1/2 C. chopped blanched Valencia almonds

Bake in one large sheet.

Cut into two long strips, and from each strip cut hearts, with a heart-shaped cutter, or by cutting around a pasteboard shape. Use icing with chopped almonds and outline with chopped candied cherries or red candies.

Devil's Food Cake.

A—

1/2 C. butter
1 C. brown sugar
2 eggs, well beaten, not separated

B—Well beaten and added to A—

1/4 lb. chocolate, melted
1/2 C. brown sugar
1 egg, beaten whole

C—

1 C. sweet milk
1 T. soda in 1 T. hot water
2 C. flour, measured after sifting

Mix in order given.

Gingerbread.

1/2 C. molasses	2 T. baking powder
1/2 T. soda	1 T. ginger
Set aside to work.	1 T. cinnamon
1/3 C. butter or other fat	1/4 T. nutmeg or mace
Cream with—	1/4 T. cloves

$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. water
2 yolks of eggs	2 whites of eggs
2 C. flour	

Mix like any butter cake, adding water after molasses.

The addition of almonds and raisins makes a fruit cake of this.

English Fruit Cake—Rich.

2 lbs. seeded raisins	2 Tb. cinnamon
1 $\frac{1}{2}$ lb. currants	1 T. cloves
1 lb. citron	1 T. salt
$\frac{1}{2}$ lb. candied cherries	1 grated nutmeg
$\frac{1}{2}$ lb. shelled pecans	8 eggs
1 lb. brown sugar	1 C. grape juice, or
1 lb. butter	1 glass currant jelly
1 lb. flour, sifted with	

This cake weighs about 9 pounds and yields 19,527 calories.
Cost \$2.60.

Baked Apples.

For Breakfast.

Select apples of equal size, wash and rub them dry; remove the core, place them in a baking-pan, add a little sugar where the core has been removed, and a little water to the pan. Bake 25 minutes, or until tender. Serve with sugar and cream.

For Luncheon.

Proceed as above, adding $\frac{1}{4}$ teaspoon of butter to the cavity (and the apples may be pared). Baste frequently, remove from the oven when tender. Sprinkle with granulated sugar and cinnamon, or a grating of nutmeg.

A drawn butter sauce is sometimes served with apples, but cream is best.

Compote of Apples.

1 C. sugar	1 stick cinnamon
1 C. water	8 or 10 tart apples

Make syrup with sugar, water and cinnamon; boil slowly 10 minutes, skimming well. Core and pare apples, cook till nearly done in syrup. Drain, and bake apples a few minutes in the oven. Boil the syrup till almost like a jelly. Arrange

apples on dish for serving. Fill core cavities with jelly or marmalade. Pour the syrup over them. Put whipped cream around the base and garnish cream with jelly.

A delicious variation is made by sticking blanched almonds over the surface of apples, and making the syrup with grape juice.

Stewed Prunes.

Wash and pick over prunes. Put in saucepan, cover with cold water, and soak two hours; then cook till soft in same water. When nearly cooked add sugar to sweeten—1 Tb. to 1 qt. prunes, and a small quantity of lemon juice. When not soaked, put on in cold water, let stand on warm place on stove, then later cook without boiling.

Apple Sauce.

Seasoning: lemon juice or peel, cinnamon or nutmeg.

No. I.—Wash, core and quarter tart apples and stew in a little water till soft. Mash through a colander or coarse sieve, sweeten to taste, and serve.

No. II.—Peel, core and eighth the apples, dropping them into cold water to prevent discoloration. Make a syrup of sugar and water, one part sugar to two parts water, and let it come to a boil. Drop in the eighths, cover and cook till they are clear. Skim them out carefully and if the juice is very thin, boil a little longer, then pour over the apples in the dish in which they are to be served.

No. III.—Prepare as in No. II and cook the fruit in a pudding dish in the oven. Bake slowly and the fruit will turn a rich, deep red. They must be kept covered.

Plum Pudding.

$\frac{3}{4}$ lb. bread crumbs— soft, stale	Grated rind of 1 lemon
$\frac{1}{4}$ lb. flour	$\frac{1}{2}$ lb. nut meats
1 lb. raisins—seeded, washed first	$\frac{1}{2}$ lb. citron, chopped
1 lb. currants, washed and dried	$\frac{3}{4}$ lb. sugar (1 $\frac{1}{2}$ C.) $\frac{1}{2}$ T. cloves 1 T. cinnamon 5 eggs, well beaten

$\frac{1}{4}$ lb. brown sugar ($\frac{1}{2}$ C.)	1 C. fruit juice or other liquid
1 lb. suet, finely minced	
$\frac{1}{2}$ lb. minced, candied orange peel	
$\frac{1}{2}$ nutmeg, grated	

Into a porcelain bowl the required size fit heavy wax paper so it will entirely line the bowl. Fill with the pudding, cover lightly with paraffine paper tied below a flare edge. Steam 6 hours. Replace old cover with fresh wax paper, ready to be reheated before using. The wax or paraffine paper used for wrapping butter, or lining cracker boxes, is good, but any clean oiled paper may be used.

Christmas Pudding.

2 C. fine stale bread crumbs, dried	$\frac{1}{2}$ T. baking powder
1 C. sugar	2 T. cinnamon
$\frac{1}{3}$ C. butter or suet	1 C. raisins
$\frac{1}{4}$ C. flour	1 C. nut meats
	$\frac{1}{2}$ C. milk

Spices and baking powder sifted into flour.

Mix in order and steam 2 hours.

Serve with liquid sauce, or hard sauce.

Nuts and raisins may be omitted.

Sauce for Christmas Pudding.

1 C. sugar	1 Tb. flour
$\frac{1}{2}$ C. butter	2 C. boiling water
2 T. cinnamon	

Mix dry ingredients. Stir the boiling water into these and cook 10 minutes or more.

Lemon Rice Pudding.

Cook 1 C. rice in 1 qt. milk. When tender, add:

Yolks of 3 eggs	$\frac{1}{4}$ T. salt
$\frac{1}{4}$ C. sugar	Grated rind of 2 lemons

Bake like custard, about 20 minutes. Moderate oven.

Beat whites with $\frac{1}{2}$ C. sugar, and juice of 2 lemons, add as a meringue, run into oven for a few seconds. Serve cold or hot.

Cream Filling.

1 C. sugar	2 C. scalded milk
1/3 C. flour	1 T. vanilla, or
1/8 T. salt	1/2 T. lemon extract
2 eggs	

Mix dry ingredients, and stir the scalded milk into them gradually. Cook in double boiler or over hot water, 5 minutes, stirring constantly, before adding the eggs. Into the beaten eggs stir several spoonfuls of the hot sauce, then add to the sauce in double boiler. If the mixture is stirred rapidly while the eggs are being poured in, no lumping will occur. This gives the starch longer cooking than the eggs. Use for cream pies, cream puffs, etc.

Marshmallow Pudding.

2 T. granulated gelatine soaked in	
1/4 C. cold water, and dissolved in	
1/4 C. boiling water	
Whites of 3 eggs well beaten	
1 C. granulated sugar beaten in slowly	

Beat mixture together till thick—about 20 minutes. Add 1 T. vanilla. Separate 1/4 of mixture and tint it, then add to first in spots. Chill and serve with thick plain cream or with whipped cream. Pudding looks best heaped lightly in glass dish.

English Pastry.

1/2 C. butter	1 Tb. sugar
2 C. flour	Yolk 1 egg
1/2 T. salt	1 Tb. lemon juice

Water to make soft dough (about 1/2 C.). Good for tarts, or fancy desserts.

Meringue—For Pies and Puddings.

Whites 2 eggs, beaten very stiff
2 Tb. powdered sugar, added very slowly while beating
1/2 T. vanilla extract, or
1/2 Tb. lemon juice

Beat whites until stiff, add sugar gradually and continue beating, then add flavoring. Bake in slow oven 15 minutes after spreading over the pie. If pie mixture is hot, a few seconds under flame will cook.

“Macaroons.”

Mix whites of 2 eggs beaten stiff and 1 C. granulated sugar, 1 C. chopped pecans, 1 heaping tablespoon toasted crumbs. Fold the second mixture into beaten whites and drop by teaspoons (from tip of spoon) on ungreased writing paper laid on wet boards. Dry out in very slow oven nearly an hour.

Apricot Sponge.

1 box gran. gelatine in 1 C. cold water
Soak 10 minutes and dissolve in—
2 C. boiling water 2 C. sugar
1 qt. (4 C.) apricot pulp (1 large can), 2 Tb. lemon juice if desired. Whites of 4 eggs beaten stiff and folded rapidly through and through the mixture when it begins to stiffen.

Sauce—

1/3 C. butter or less	2 C. juice drained from fruit
1 C. sugar, or less	3 Tb. lemon juice
Yolks 3 eggs	A few gratings of rind

Cook and stir over hot water in double boiler till thick.

A Most Inexpensive Sherbet.

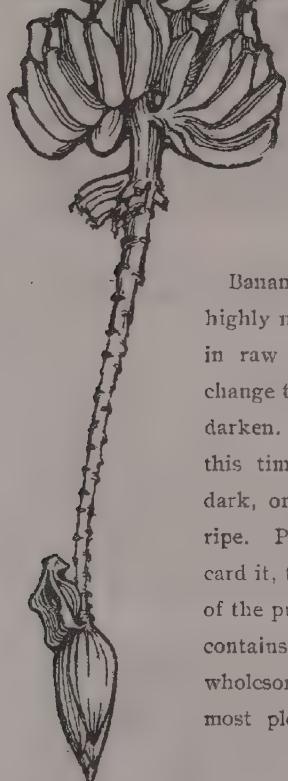
3/4 C. flour mixed well with 3 C. sugar. Stir into 1/2 gal. boiling water, and let boil for 10 minutes. Add juice of 4 lemons after mixture is cool.

When nearly frozen add the beaten whites of 3 eggs.

Thin strips of lemon rind boiled with the syrup, and removed before freezing, add flavor.

Raspberry Nut Ice.

1 qt. water, 1 3/4 C. sugar. Boil 20 minutes. Cool. Add juice from 1 can choicest red raspberries, 2 Tb. lemon juice. When nearly frozen add 1 C. pecans cut rather small.



BANANAS

Bananas are our cheapest fruit, and highly nutritious. The flavor is better in raw fruit, but the starch does not change to sugar until the skin begins to darken. If bananas are bought before this time, they should be kept in the dark, or wrapped in clean paper until ripe. Peel, cut off the tip end and discard it, then scrape off the entire outside of the pulp. The outside fibrous material contains an astringent which is not wholesome. Cream and sugar are the most pleasant and nourishing addition.

Figs.



FIG TREE.

The best variety of fig in this locality is the "Celeste." The fruit should be picked shortly before using, peeled, chilled, and served with sugar and cream.

Fig Preserves.

Select figs not over ripe. Wipe with damp cheese cloth. Place in a frying basket and dip into a kettle of boiling water to kill the ferment on the skins. Let stand 2 minutes. Drain. For every pound of fruit use $1\frac{1}{2}$ C. sugar and $\frac{3}{4}$ C. water. Cook very slowly until transparent. Remove the figs to the jars and let syrup cook down to desired consistency. Pour over hot fruit in the jars and seal. Neither alum nor lime is necessary, but slices of lemon cooked with fruit make a pleasant variation.



Orange Marmalade.

5 oranges	5 pts. water
1 lemon	5 lbs. sugar

Wash fruit and slice very thin. Let stand in water 24 hours, then cook until tender, about 2 hours. Add sugar and cook till it jellies, about 20 minutes.

Kumquat Marmalade.

Cut into quarters, or slice, and weigh.

Cook the fruit in twice its weight of water until tender (about $\frac{1}{2}$ hour). Add sugar equal to the original weight of fruit, and cook until it thickens. This proportion of sugar may be used for orange marmalade.

Plum Conserve.

1½ qts. plums, measured after cutting	3 C. oranges
8 C. sugar	2 lbs. raisins

Cut plums and oranges into small pieces, leaving the skins on. Chop the pecans. Cook till thick and transparent (about $1\frac{1}{2}$ hours).

CANDIES.

All candy is better made with a hot fire, and on a clear day. See that all utensils are clean and materials are ready before the cooking begins. Two hundred and forty degrees means a soft ball, tried in ice water. When syrup "hairs" from spoon, it is about 240 degrees.

Bon-Bon Cream or Fondant.

3 C. cold water
5 lbs. or pints granulated sugar
6 drops acetic acid

Stir until boiling starts, add the acid at this time. Wash down sides of kettle with brush made by tying small cloth around fork to eliminate all grains of sugar. Cook to 240° F. Do not stir while boiling. Very important. Be careful not to

shake or disturb the cooling syrup. Pour out at once on a well-washed slab of marble or into platters. When perfectly cold, work up until it solidifies. Place in covered jar for two days, when it will be ready to be made into cream bon-bons and chocolates. Acetic acid is the acid of vinegar.

Plain Fudge.

2½ lbs. sugar (5 cups)	½ lb. glucose or Karo syrup
1 qt. milk	(¾ C.)
	4 Tb. butter
	Cook to 240° F.

Chocolate Fudge.

Use the above recipe, adding 4 squares of grated chocolate when it comes from the fire. Add 1 T. vanilla when cool.

Nut Fudge.

To the plain fudge or chocolate fudge 1 or 2 cups of nut meats may be added. Orange, lemon or rose fudge may be made by using the plain fudge with suitable coloring and flavoring.

Delicious Fudge.

When you take the plain fudge from the stove add 1 lb. (2 cups) of fondant which has not been worked up. Cream it into the plain fudge.

Fruit Fudge.

Add vanilla and chopped fruit to the plain fudge when it comes from the fire. Fruits are candied or dried, not fresh.

Plain Taffy.

2 lbs. or pints sugar	
½ lb. glucose or Karo syrup	
1½ C. water	
Cook to 260° F. or very hard ball.	

Vanilla Taffy.

2½ C. sugar	½ C. water
½ T. cream tartar	½ Tb. vinegar

Divinity Fudge.

2 lbs. sugar

$\frac{3}{4}$ lbs. glucose or Karo syrup or Velva (about $1\frac{1}{4}$ C.).

1 1/4 C. water

Cook to 240° F. Pour $\frac{2}{3}$ of this slowly over the stiffly beaten whites of 3 eggs. Let other $\frac{1}{3}$ get cold. After the first batch has been beaten 10 minutes add 1 C. cut nuts. Bring the remaining syrup to a good boil and pour slowly into the candy while beating. Continue to beat until it stiffens, then pour into a buttered pan or a pan lined with waxed paper. This may also be dropped by $\frac{1}{2}$ teaspoons into little balls.

Peanut Butter Fudge.

2 C. sugar

4 Tb. peanut butter

2/3 C. milk

Divinity Icing.

1½ C. sugar

1/2 C. cold water

1/3 C. glucose or corn syrup

Cook to 240° F. or soft ball. Pour slowly over the stiffly beaten white of 1 egg. Add flavoring and nuts if desired.

Chocolate Syrup.

This may be made and kept on hand for beverages and flavorings.

2½ C. granulated sugar $\frac{1}{8}$ T. salt

1/4 lb. cocoa

2 C. hot water

Boil hard 2 minutes, cool, add 1 T. vanilla.

SCORE CARD FOR TEACHING.

Teacher's Personality—

Voice
Manner
Appearance
Force
Enthusiasm

Laboratory Management—

Ventilation
Temperature
Materials (for class work)
Utensils
Cleanliness (floor, desks, stoves, utensils, cupboards, drawers, pantry, windows)
Review—Preparation of mind by relating new to old.

Presentation of Subject—

Thought Content. Suggested Outline—

1. Source, history, transportation, manufacture, or other points of interest.
2. Composition
3. Food value
4. Digestibility
5. Cost
6. Cookery—
 - Materials
 - Method of mixing
 - Method of applying heat
 - Degree of heat
 - Time
 - Test of finished product
7. Service

Summary.

Psychic condition of class.

Remarks.

DOMESTIC SCIENCE LESSON PLAN.

Fourth Grade Pupils, Ages 9 to 11 Years.

Howard School No. 2.

Teacher's Aim.

To inspire pupils with love of service in the home. Love of health, cleanliness, order and beauty.

Hospitality is also considered.

Subject. Study of equipment, and making of toast and tea.

Child's Aim.

To learn to cook something good to eat.

Laboratory management.

A supply of yesterday's bread on bread board with bread knife. Butter cut into very small pats. Tea, teapot, strainer, cups and saucers, plates, spoon, cut sugar, jar of marmalade, and baking sheet for toast. Each child needs a teaspoon, case knife, supply pan, and plate.

Teacher meets pupil, reads names and lets them sit by the door, facing light; that observers may see the faces, while she sits on a stool and talks to them.

You have come to study about homemaking. Everyone in the world has a home. Sometimes we hear about a little girl or an old man who has no home, and we are always very sorry. We think that it is very sad. The children who have good homes are fortunate, or lucky, because they grow up to be good men and women and are most happy.

Every home must have a mother who keeps it clean and keeps everything in its right place and does things to keep the family well and strong.

Every home must have a kitchen, where work is done and food is cooked.

Food builds your body, food keeps it in the right warmth or right temperature. Food gives strength for working, thinking, talking, singing, playing, even laughing and loving.

To get the most strength and health out of our food, it must be prepared and cooked in the very best way. It must be clean food. A great deal of the money father

Who is it at home that looks after your food and clothes, and kisses you when you start to school?

What is food?

What is this flesh (touching a child's cheek or arm) made of? And bones, teeth, nails, eyes, hair? When people are sick and cannot eat, can they work?

Why not?

works for has to be spent for food.

If mother knows what kind of food gives the most health and strength she can save some of the money which father earns. No matter how much the food costs, if she doesn't know how to cook it she can spoil it and so waste some of the money.

The kitchen is the room where food is cooked, and it should be the cleanest room in the house—the kitchen and the bedroom—the two cleanest rooms.

The things mother uses to prepare food with are called utensils. See the word on the blackboard.

We must have clean utensils if we want clean food, so we wash them with hot water and soap and dry them very, very dry, and put them into cupboards and drawers out of the dust.

A cooking school kitchen is some different from a home kitchen, because there are so many people who have to work in it.

A pale yellow and white and blue in this kitchen makes it look cool as well as clean. Even the refrigerator and fireless cooker and book-cases are white.

This is to make the dirt spots show so that we can keep them clean.

Look at the floor. See if you can find any cracks. No—no place for dirt to stick. Look at the windows. Windows are made for light and fresh air. Notice how the screens cover them all the way to the top. You see that we can pull down the windows to let out the hot air and smoke, and yet no flies can come in. Notice that even the transoms over the doors have screens and are open. Did you ever notice the smoke coming out from the top of the windows? The odors of the cooking and the steam will also go out with the smoke.

Flies are always dirty, and sometimes the dirt on their little feet makes sickness, so we keep them out.

In what room is food cooked?

What does mother use to put potatoes into when she boils them? What does she mix cake with? What does she mix flour with?

If these are dusty or sticky with dirt, what will happen to the food?

Why do you think this kitchen is painted white and yellow? Do you see a little line of blue tiling? What color are the dishes in the little cupboards?

Why was this floor made without cracks?

Why are there no shades at the windows? Why are the windows pulled down from the tops? Why do we have wire screens over them?

Each one of you may have a kitchen table and cupboard and little stove of your own to learn to cook with.

Pull out the drawer. Notice three compartments or little spaces. See what is in the left side, and name the articles in your mind. The middle compartment has a whole family of utensils; we call them the happy family. The knife and fork on the right side are like a mother and father. Then the good aunty, the spatula. The little sisters are the teaspoons, the big sisters are the tablespoons, and the baby brother, the paring knife, always rests his head in the big sister's lap. Each one has his own place, and is never happy when put into the wrong place. Take out each utensil and put it back into the very spot where it belongs.

Look into the right hand space. Wooden spoons are stronger and more quiet for some kinds of cooking.

Flat egg beaters are used when beating eggs on a plate, and the wheel ones are used in a bowl.

Take out one teaspoon and a case knife like this. Close the drawer. I notice that some of you close the drawer so quietly that the happy family could not be disturbed.

Below this drawer is a cupboard. Catch the handle and pull up the door. On the top shelf is a tin cup; take it out and place on the table.

Under it is an agate pan like your teakettle. Take it out, and always use it for carrying food around in. Do you think that you will never forget it when you go to the table to get butter or eggs or milk?

Just before you go home you must put these utensils back and shut the door.

Now I would like to have you come and sit around this table. Bring the stool which you find un-

Assign desks.

Where do you see the knife and fork which look like a pair?

Can you show me the utensil in this compartment which is meant for beating eggs? For stirring cake?

Look for the measuring cup which rests in a pan on the top shelf.

Light the gas for toast.

der your table. We are going to do a little cooking, make toast and tea, so that you may make them sometimes for Sunday night supper, or for mother's luncheon when she is busy, or when she has come home tired from shopping. Little girls may be precious little helpers in the home. At eleven o'clock in the morning or four or five in the afternoon mother sometimes finds a cup of tea very refreshing.

Toast is made from bread. There are good breads and bad breads and we must learn to know good breads, and not buy any other kind. I want you to smell these pieces and tell me how they smell to you. You know God gave us this sense of smell to protect us from things that might hurt us, as well as to give us pleasures in sweet odors.

Bread which smells sour or mouldy is not good. It should smell sweet, but not like sugar, and should not be too white, and should taste something like nuts when you chew it a long time.

Bread is the very best food in the world when it is really good bread.

It is cheap, too.

We will cut this slice on this board and make the slices about a third of an inch thick, like this, smooth and even all the way across.

This bread was baked yesterday. Stale bread makes better toast because it is more dry. Hold the left hand firm, and run the knife like a saw right down through the loaf. Susie, cut your slice and put it into your pan. We will see what will happen in the oven to these pieces with the napots. Now that all of you have your slices cut we will go to the stove and light the fire and toast this bread.

Notice the space between the shelf and the fire. Notice where your piece is lying on the pan. Now look at the clock to see how long it takes to make toast. It depends on how hot the fire is and how dry the bread is. Remember dry bread is best.

What is toast made from?

How old do you think bread should be to make the best toast? How do you know what kind of bread to buy? Do you know what a sour smell is like? Do you know the smell of vinegar?

How much does bread cost a loaf? How much does a loaf of bread weigh? Place the scales before the class and weigh a loaf, letting them read the scale.

Why is the board placed on the table to cut the bread on? Class observes and criticizes mentally each girl as she cuts her slice.

Do you see this key on the stove? Why do we open the oven door? How can we tell if no gas is escaping? Why do we open the burner full before we put the lighted match to it? Why should we light the match first before we open the gas? Demonstrate the lighting of the match and the gas, the shaking out of the match and putting the match into its right place. Let several pupils imitate the teacher until it is done right. How far is the flame from the bread? How long do you think it will take to make toast, Mary?

"When you make toast, make toast." Toast, golden brown all over, dry all through, and burned no place. We will keep this hot in the oven while we make tea.

These dry leaves came from India, far over the ocean. Some tea comes from Japan and China also. We pour boiling hot water over these leaves to get the flavor, and then pour it off and drink the water. We throw away the leaves —they are not good to make any more tea with. There are two kinds of tea, black and green. Black tea is much better because there is not so much tannin in it. We want to get the flavor out of the leaves but we want to leave the tannin in the leaves and throw it away. Tannin is lazy and does not come out of the leaves quickly when we pour the boiling water on, but the flavor does come out quickly.

We must use water just as soon as it begins to boil, because the tea will not taste so good if made from water that has been boiling some time.

If little girls drink tea it will make their skin yellow, so tea is only good for grown-up people. It is the tannin in the tea which makes the skin yellow, and is not good for the health.

There are two kinds of tea, or tea made in two ways. Get your tablespoons and I will put into them some tea for you to drink. Hold the spoon over your pan or over your hand so that none of it will drip on the floor. Tell the difference in the taste. Yes, tannin is bitter and we must not have it in the tea.

Now let us see how we do this. Fresh water from the faucet goes on to boil. As soon as it boils, scald out the teapot of earthenware or china, but never tin. Put the tea into the teapot. Use three rounded teaspoons of dry leaves for a family of six. Pour the boiling water into this. Pour off all

When one side of the bread is toasted, what shall we do? Which side will take longer to toast, before or after turning? How much longer?

Demonstrate the correct method of making tea, and then make some tea by boiling it. Sweeten both of these and allow the children to taste the good tea first.

Demonstrate.

the tea at once. Throw out the leaves. They are not good after the first using.

Or, to make one cup of tea, use a little strainer with one-half teaspoon of tea in it, and pour the boiling water through it until the cup is nearly full. You may make a cup of tea and serve it to the guests. Put two lumps of sugar and a teaspoon on each saucer. Get a plate from the table, a little pat of butter, and a teaspoonful of orange marmalade, and come for your toast. Eat this at your own table.

Now you may bring cups, saucers, everything to be washed, to this table. We will wipe off the plates into the garbage can with this soft paper. Now we will pile each utensil in a stack of its own, at the left side of the pan to be washed.

Summary:

Social service, cleanliness, health.

Bread, good, not sour, 5¢ lb., stale.

Toast, even cutting, hot oven, time, test—golden brown, dry, not burned.

Tea, black, sealed teapot, freshly boiled water, never allowed to stand on leaves.

Assignment.

Serve tea to guests, but pupils eat toast with marmalade or jelly.

SUGGESTED COURSE OF STUDY IN HOME ECONOMICS.

High School. Four-Year Course.

Purpose of course—to give ideals and to train judgment.

Three lessons a week, consecutive days, on account of spoiling of left-over food. Lesson periods not less than 80 minutes, better 120 minutes.

Domestic Science—Foods and Household Management, first year and first half of third year.

Domestic Art—Textiles and Clothing, second year and second half of third year.

The House and Family—Fourth year.

DOMESTIC SCIENCE.

Foods—First Year.

This course purposes that pupils shall study the lessons at home and commit the recipes.

Students should do the marketing, each for a week at a time. Lists of supplies are to be made out in advance for each week. Close accounts kept of all expenditures. Household pests of all kinds are to be kept entirely out of department by students. Rules for doing this should be posted. Inside of the pantry door is a good place generally for all such postings. Constant vigilance is the price of this freedom.

The student who does the marketing might take this duty for that week, and the pride of cleanliness encouraged.

Home work should be planned and credits kept for every lesson.

When dinners are planned it saves time to have work arranged by teacher and assignments posted.

This does not refer to practice meals which students plan and cook and serve.

To begin every lesson with review, is a wonderful help to pupils.

To post the course of study where it may be copied, is a satisfaction to them.

Note books should receive attention the first week and a model shown.

A table of contents should be started the first week and subject matter of lessons recorded weekly. The alphabetical index should be made at close of year.

Each food should be studied according to following outline:

1. Source, manufacture, transportation, history or other points of interest.

2. Composition.

3. Food value.

4. Digestibility.

5. Cost.

6. Cookery—

1. Materials.

2. Method of mixing.

3. Method of applying heat.

4. Degree of heat.

5. Length of time for heat.

6. Test of finished product.

7. Service—combinations—time in meal.

A chart can be made by teacher and pupils, taken from Government Bulletin No. 28, American Food Materials, on which a graduated list of the most commonly used foods should be placed. That food lowest in calories should be at bottom, and highest at top. These food values should have composition marked in separate columns, and also the cost. This is the best way to get a clear knowledge of real money value in food.

The class should make a tabulated list of the costs of a cup and of a tablespoonful of all foods known as "constants," such as butter, sugar, flour, etc., to facilitate the rapid calculation of costs of every recipe.

Excursions to the following, if accessible Saturdays, or after school hours:

Market. Candy Factory.

Bakery. Packing House.

Cracker Factory. Dairy.

Sugar House.

First Month—October.

I.

1. Enrollment. Requirements: text-book, notebooks, aprons. Talk on aim of course: ideals, the necessity of good homes to make good men and women, to make a nation or a race great. Home making is a business, a profession.
2. Study of equipment and management of stoves. Make tea, toast and lemonade. Washing of dishes very important. Care of dish cloths and towels.
3. Teach budget-making and accounts. Make coffee and broiled French toast. Let each pupil work out at home budget for low income, next week higher, etc.

II.

1. Study of weights and measures. Each pupil must measure and make out table and learn it. Study of fuels.
2. Food defined. Food principles. Balanced rations. Hints on marketing. Excursions to market, early morning, and buy fruit for jelly.
3. Jelly making demonstrated.
Effect of sugar on cellulose of fruit in making apple sauce.
Effect of sugar on cellulose of fruit in making apple compote.

III.

1. Jelly making. Sale of jelly.
2. Care of Kitchen, refrigerator, sink, stove, garbage, cupboard, food containers. Teach how to screen windows so that they may be opened both top and bottom. Baked apples, prepared at beginning of lesson.
3. Starchy foods—rice.

IV.

1. Other cereals: cream of wheat, rolled oats, oat meal, hominy, grits.
2. Left over cereals molded with dates or figs, or plain mold with sliced bananas, or fried, or made into balls with nuts for soup garnish, or puddings with eggs and milk, etc.
3. Study of potatoes. Baked potatoes.

Second Month—November.

I.

1. Potatoes: Irish and sweet, steamed, boiled, scalloped, candied, etc.
2. Making of white sauce. Cooking of creamed potatoes, using all the water in which vegetable was cooked to unite with milk for sauce.
3. Cooking of vegetables of many kinds. A demonstration lesson by teacher, assisted by students.

If climate permits a winter garden, it should be started early in November.

II.

1. Cream soups developed from white sauce. Use of canned vegetables, use of tough part of fresh vegetables. Croutons.
2. Soups from dried vegetables. Legumes studied well and in comparison with nuts and as meat substitute. Buy peanuts and peanuts while cheap and keep in tin containers.
3. Eggs and ways of cooking: soft, hard, scrambled, baked.

III.

1. Eggs: omelettes, French and puffy, with white sauce, with bread crumbs.
2. Study of milk; breed of cattle, care and health, food, pasture, stables, pails, milkers, water supply, disposal of waste, care of milk in home, composition, uses in cookery. Make junket, flour pudding, cream cheese.
3. Custards: soft and baked. Variations as rice custard, tapioca cream, bread pudding.

IV.

1. Quickbreads. Leavening agents.
Popovers and griddle cakes.
2. Muffins and corn bread.
3. Biscuit: with water, with sweet milk and with sour milk, drop biscuit.

Third Month—December.

I.

1. Biscuit repeated: rolled and cut. Menus planned.
Lesson on table setting and serving.

2. Breakfast: cooked, served, eaten.
3. Study of sugars: peanut brittle and uncooked fondant. Other candies as fudge, divinity, taffy, for sale if desired.

II.

1. Standard cake, with variations of chocolate or fruit. Fruit cookies at home.
2. Pastry: mince pie or apple pie.
3. Cream filling for pastry shell. Meringue for top of cream pie.

III.

1. Chicken cleaned and roasted. Digestion illustrated in study of fowl.
2. Oysters. Oyster stew. Meat soup.
3. Plum pudding, bread crumbs and fruit, no eggs. Steamed. Cinnamon sauce.

IV.

1. Menus for Christmas dinners. Table decoration and serving.
2. Christmas dinner to guests or not as preferred. Should be given at night or Saturday. Class period too short.
3. Cleaning lesson: leaving department in good condition during vacation.

Fourth Month—January.

I.

1. - Study of meats: broiling beefsteak. Pan broiling of lamb chops.
2. Grillades in tomato sauce. Demonstration of roast leg of lamb or of veal shoulder.
3. Daube, with vegetables, demonstration. Brown stew of chicken, demonstration.

II.

1. Bacon and liver. Potatoes or other vegetables.
2. Hot desserts (before lent.) Apple dumplings, Brown Betty (scalloped apples), lemon rice custard, tapioca cream or cracker custard.
3. Orange marmalade.

III.

1. Yeast rolls.
2. Yeast bread. Bread made at home exhibited and "scored" by a committee of judges. Teachers' College score card used, found in Kinne and Cooley's *Foods and Household Management*.
3. Flour pastes (Italian). Noodles and noodle soup.

IV.

1. Cheese: how to eat it and how to cook it. Melted cheese on crackers.
2. Macaroni and cheese.
3. Spaghetti and tomato sauce.

Fifth Month—February.

I.

1. Cheese soufflé. Chafing dish.
2. Baked beans. Lentil soup.
3. Nut loaf. Study of nuts.

II.

1. Garden: study of seeds and plants.
2. Laying out gardens.
3. Planting of gardens.

III.

1. Fish: demonstration of cleaning, stuffing and baking.
2. Broiling and steaming fish. Fish sauces.
3. Courtbouillon.

IV.

1. Deep fat frying. Salmon croquettes. Uses of left overs in croquettes.
2. Deep fat frying: small fish. Panned oysters.
3. Doughnuts.

Sixth Month—March.

I.

1. Spices: value of flavor; gingerbread.
2. Cookies and hot water sponge cake.
3. Choice of cakes.

II.

1. Cleaning lesson in preparation for reception.
2. Prepare for reception, and give it after school hours.
3. Desserts: prune whip and fruit soufflé, with sauces.

III.

1. Gelatine dishes: lemon jelly, snow pudding, Spanish cream, apricot "sponge." Use of ice and brine for quick chilling.
2. Invalid cookery: broths, gruels, coddled eggs, etc. Liquid diet, soft diet, convalescent diet. Lists prepared.
3. Preparation of invalid trays and care of sick room.

IV.

1. Invalid cookery. Demonstration table set with at least eight foods difficult to digest, and marked "foods should not be eaten by invalid, young child or very old person." Another table beside this, containing same number of foods which *may* be eaten by same people.
2. Garden lesson. Students must care for garden outside of school hours.
3. Seasonable salads. Three types of dressing. Shrimps. Crabs.

Seventh Month—April.

I.

1. Salads continued: meat, chicken, eggs, etc., in April. Aesthetic appearance emphasized. Necessity for keeping all gelatine dishes well covered from air.
2. Preparation and cooking of ham, close study of pork, and ways of cooking. Bring in ideas on picnics for notebooks.
3. Make sandwiches of various kinds. Use the boiled and baked ham. Pack picnic baskets. Luncheon in woods.

II.

1. Review.
2. Cold drinks, fruit syrups.
3. Ices: classified frozen dishes. Principles of freezing. Different kinds of freezers. Demonstration by teacher.

III.

1. Junket and its uses. Junket ice cream. From this time on a new frozen dessert recipe should be posted every day or two.

and made by one member of class. All students copy recipe, taste cream, and enough sold to pay for making.

A strong point should be made of having all utensils and materials kept in one place together, so that work may be rapid. Large mallet, ice bag of duck or burlap, salt jar, freezer, long spoon and saucer and large bowl. Large wooden mallets may be made by boys in manual training department.

2. Luncheon planned. Guests, care of dining room, decorations, place cards, menus, entertainment. Qualities of good hostess.

3. Luncheon prepared and served.

IV.

1. Study of costs of luncheon.
2. Menus for a week, for home, brought in and discussed.
3. Alphabetical index in note books. Discussion of cookbooks. What points to consider.

Eighth Month—May.

I.

1. Fresh fruits. Selection, preparation and use.
2. Blackberries and their uses: jams, jellies, desserts. Blackberry sponge, with packed stale bread cubes and hot blackberry syrup; serve cold.
3. Jellies and jams for sale. Blackberry and May-haw.

II.

1. Principles of canning.
- Demonstration of canning.
2. Canning of vegetables.
3. Canning of vegetables.

III.

1. Review of the year's work through preparation for exhibit.
2. Same.
3. Exhibit. Fruit punch served to visitors, and paid for by sale of foods in exhibit.

IV.

1. Budget and order of the week's work in the home. Resumé of the exhibit and record of expenses and receipts kept.
2. Review and notebook index called for.
3. Examination.

DOMESTIC SCIENCE.

First half of the third high school year.

Three lessons per week on consecutive days.

This half year must "round out" the first year's work in foods and household management. Emphasize household accounts.

Teacher should transplant as many sweet herbs into a "kitchen garden" as possible. Parsley grows from seed. Have these ready for the meat lessons.

First Month—October.

I.

1. Enrollment. Notebooks, text-books, aprons. Outline of half year's work presented. Talk on purpose of course.
2. Resumé of first year's work in domestic science.
3. Budgets. Discussion of individual budgets of last year and making of household budgets.

II.

1. Nutrition: what it is, and how produced. Digestion and food values. Government bulletins.
2. Discussion of menus and balanced rations. Pupils plan at home family menus for a week and bring them to teacher.
3. Study of grains: wheat, corn, rice, oats, etc. Flour and meal and breakfast cereals.

III.

1. Study of leavening agents. Make baking powder biscuits. Sour milk and soda biscuit.
2. Uses of biscuit dough. How to modify it for dumplings, short cake, etc.
3. Review other quick breads: rice muffins, bread griddle cakes, etc.

IV.

1. Foods suitable for school children. Table setting and serving reviewed.
2. Breakfast for school children prepared and served.

3. Model lunch boxes packed: emphasizing cleanliness, neatness and nutritive value.

Second Month—November.

I.

1. Meat: study of charts for cutting of meat. Study of Government bulletins on "cheap cuts."
2. Visit to market for practical demonstration of meat cutting. Advantage of raising sheep, goats and hogs at home.
3. Cooking of meat: roasting, broiling.

II.

1. Careful study of pork: meat free from disease, sausage, head cheese, pickled pigs feet, fried salt pork with milk gravy.
2. Various ways of using left over meats: as hash, cold sliced, minced on toasted bread or biscuit, shepherd's pie, etc. Value of "meat herbs" with meats.
3. Vegetables. Classify as to flavor: strong or mild; as to composition, starchy or succulent; as to parts used. Teach preparation and care. Saving of valuable mineral salts by baking or steaming. If vegetables are boiled, use little water and save for sauce.

III.

1. Cooking of vegetables. Cabbage: steamed and in salad. Boiled 20 minutes in salted water and served with white sauce. Turnips, boiled. Plants used as "greens": turnip, mustard, spinach.
2. Onions: boiled, baked, fried. Carrots, sweet potatoes.
3. Peas, beans and lentils in various ways.

IV.

1. Ways of using left over vegetables: in soups, in hashes, in dishes baked with bread crumbs flavored with nuts or cheese, in salads, with inexpensive dressings.
2. Luncheon prepared of left overs, in meats, vegetables and breads.
3. A cleaning lesson: sink, garbage can, refrigerator, stove, windows, floors, cupboards, food containers. Windows screened all over and opened from top and bottom.

Third Month—December.

I.

Prepare menus for Christmas dinners.

1. Oyster stew, preparation and service of celery. Panned oysters.
2. Study of poultry: turkey, duck, goose, chicken.
3. Clean and stuff and roast a turkey.

II.

1. Cranberries: sauce, jelly and conserve. Salted nuts.
2. Plum pudding and hard sauce, and cinnamon or vanilla liquid sauce. Suet pudding. St. James pudding.
3. Mince meat (without brandy).

III.

1. Review pastry. Custard and cream pies, pumpkin, sweet potato and mince pies.
2. Fruit cake.
3. Fondant and its uses, with nuts, dates, etc. Mints made like quick icing flavored with one drop of peppermint oil to the pound of sugar.

IV.

1. Christmas dinner planned. Guests, menu, cookery, service, decoration and cost. Duties of host and hostess.
2. Dinner prepared and served.
3. Department cleaned and left in shape for vacation.

Fourth Month—January.

I.

1. Yeast, homemade: bread and rolls. Demonstration by teacher, and work done at home, brought to school and scored by committee of judges once each week during the month.

2. Brown bread steamed in baking powder cans, or covered pails, or molds. Uses of the fireless cooker brought in here. Various kinds: homemade and commercial.

3. Cooking of game.

II.

1. Study of fats. Uses of drippings and suet. Rendering and clarifying. Comparative costs given close attention.

2. Deep fat frying: egg and cheese croquettes.
3. Entrées classified. Oyster or small fish fried in deep fat.

III.

1. Desserts of various kinds made by class, and cost computed. Hot, cold and frozen.
2. Salads of many kinds made by different students, and costs and appearance compared.
3. Budgets compared. General order of household week's work.

IV.

1. House cleaning: household pests.
2. Review.
3. Examination.

HOUSEHOLD MANAGEMENT.

Fourth Year. First Month—October.

This year's course requires home work in the way of sewing, cooking, collecting illustrative material of many kinds; making lists of foods, of costs of all sorts, of home-making materials, collecting ideas from older people as to taxes, insurance, cost of living, ways of managing, laws, markets, transportation and savings accounts. This will be of interest to parents also. Much of the work planned can not be taught by young teacher. She must have the aid of intelligent mothers, or trained nurses.

1. Enrollment.

Evolution of house and meaning of home in outline. Definition of Home Economics.

3. Review the work in Domestic Art in outline.

Teach with illustrations—real rooms. Pictures cut by each student and pasted.

2. Review the work in Domestic Science in outline.

Teach with illustrations—real rooms. Pictures cut by each student and pasted. Collections made.

II.

1. Duties of the home-maker: care and training of children, management of order and health in the home, spending of the income wisely, feeding and clothing the family, entertaining friends, etc.
2. Making a floor plan of the house: arrangement of rooms for health, convenience and comfort.
3. Kitchen and its care. Latticed porch outside of kitchen for work. Floors, kind of wood; floor coverings. Walls, finish and color. Windows, screened all over, open top and bottom; woodwork varnished. All furnishings should be taught as to kinds on the market, cost, construction and care.

III.

1. Sinks and plumbing. Refrigerator. Stoves, drafts, principle of construction. Need of plain finish. Cupboard and kitchen cabinet. Arrangement of dishes and separation of foods. Need of tin, glass or earthen containers with covers.
Kitchen table: height to suit worker, extra shelf below and extra drawers and hooks on end if needed.
Garbage can with cover, and disposal of waste.
Chairs substantial and comfortable.
2. Utensils, substantial. Not easily broken. Beauty of design not overlooked. Lists of articles needed, classified according to processes.
3. Labor-saving devices: washing machines, gas, alcohol and charcoal irons, mangles, dishwashers, fireless cookers, carpet sweepers. Vacuum cleaners.

IV.

1. Cleansing agents and their composition. Make collection for painted wood, for sinks, for floors, for metals, knives and forks.
2. Sweeping: brooms and brushes. Dusting: cheesecloth and floor mops "boiled in oil."
3. Materials for dish cloths and towels. Washing and sunning. Order of work in washing dishes. Necessity of hot water.

Second Month—November.

I.

1. Dining room. East room preferable. Must be cheery. May serve as living room by using different cover on table after each meal. Plenty of light and air. Decoration of walls and ceiling. Good spacing, beautiful colors, no overcrowding. If pictures, they should be hung on eye level, flat on wall, by two cords from molding. Read article in Industrial Arts Magazine, April or May, 1914—colors.

2. Floor coverings: art squares, matting eltox. Curtains: mull or other washable material, hung straight, but not shutting out the views.

3. Furniture: kinds most suitable. Cost. Durability. Design. Color. Place in room—on floor plan.

II.

1. Silver. Design and quantity. Cost. Care.

2. China and glass.

3. Linen: kinds, quality, cost. Hemming, washing, ironing, mending. Best possible work to bring out beauty. Spotless cleanliness. Work done at home to be judged at school.

III.

1. Heating and lighting. East windows best. Heat from end of room if room is not too long.

2. Setting of table and service. Laws—

1. Sanitation: dishes, linen, room, ventilation, heating, light.

2. Convenience, for sake of comfort.

3. Precision: everything exact in its placing.

4. Beauty: arrangement of flowers and other center pieces.

3. True hospitality. Duties of host and hostess. Read "The Cratchetts' Christmas Dinner," from Dickens' Christmas Carols.

IV.

1. Menus discussed and one selected and cost estimated.

2. Partly prepare dinner.

3. Finish preparation and serve dinner.

Third Month—December.

I.

1. Bedrooms. Location: east rooms best for morning sun. Heating, lighting and ventilation. Windows open at top and bottom; screened all over.

2. Wall coverings considered: paint and paper. Color very important; better plain walls, but cheerful colors, with figured hangings. Floor covering as nearly dustless as possible.

3. Furniture: strong and light in weight. Cost, design, color, placing in room. Pictures that give pleasure. Not too many. Hung by two cords from molding, or by patent "hang-ups."

II.

1. Beds: kind that will not harbor bugs. How to rid the house of disgraceful pests; or keeping clear. Mattresses, pads, sheets, blankets, coverings, pillows. Hemming of sheets and pillow cases.

2. Curtains (if used): dainty and washable, hung at side so that ventilation is not hindered. Shades and shutters. Mosquito bars for beds. Night clothes. Cleanliness first and always.

3. Making of beds and airing of clothes. Beating and airing but not sunning of pillows. Sweeping and dusting. Sanitary care of all articles. Value of out-door sleeping.

III.

1. Living room: durability as well as beauty in furniture, floor coverings, draperies, wall coverings. Convenience and comfort in heating, lighting, ventilation, closets for books, toys, coats, etc.; can be used as dining room with dark cover on table after meals.

2. Bathroom and its sanitation. Building materials for various houses. Plans completed. Entrances and galleries.

3. Location of house as to drainage, water supply, soil, nearness to stable, outlook, neighborhood.

IV.

1. Out buildings: grouping for use, then pleasing outline. Use of lattice work and vines.

2. Yard: beauty of green grass, flowers, trees, vines. Fences that are effective against cattle, pigs, etc., and yet not ugly.

3. Repairs: home tool box and necessity of keeping everything in repair. Urge the making of towels, curtains, night clothes, as Christmas presents.

Fourth Month—January.

I.

1. Operating expenses. Heat, and how produced. Comparative study of fuels: wood, coal, gas, kerosene oil; as to cost, heat given, labor in use.

2. Light: gas, electricity, oil, candles. Cost and labor included. Care of lamps and boiling of burners and wicks.

3. Ice and water supplies. Purity most essential thing for health. Boiled water, filtered water, coolers. Ways of keeping food cool without ice.

II.

1. Taxes. Purpose and rates.

2. Savings accounts: rates of interest. Insurance: purpose. Wisdom for rainy day. Kinds: for life, accident, etc. Rates. Different companies.

3. Incomes, and how they should be divided to keep all expenses in good proportion, for food, clothing, etc.

III.

1. Household accounts and how to keep them. Various kinds of books to be used.

2. Budgets. Necessity for making and method.

3. Budgets made for various incomes.

IV.

1. Ways of making extra money. Data collected by students from friends and magazines.

2. Ways of saving money. Data collected in same way. Co-operative buying. Housewives' League.

3. Sale of various materials made by pupils, as candy, cake, jellies or other foods, clothing, etc. Materials and time counted and profit estimated. Proceeds used for Home Economics library.

Fifth Month—February.

I.

1. Children: the purpose of the home. Literature and pictures from the "Child's Welfare Society" of New Orleans. Rules: "How to keep the baby well," collected and arranged by pupils.

Guard against soothing syrups and wrong methods of keeping baby well. Also emphasize right methods of keeping it contented.

2. "How to train the baby to become a good citizen": rules collected and arranged by pupils.

3. Food for babies: milk, composition, quality, care. Importance of mothers' milk for babies. Difference in chemical composition.

II.

1. Various "baby foods," and what they are composed of. How to make gruels. Pure water and plenty of it.

2. Care of milk in the house. Review of cattle, care, food, handling of milk, etc.

3. How to wash and dress the baby. Demonstration by trained nurse or intelligent mother.

Coöperative Work.

III.

1. Make a model outfit for a baby, including the layette and several kinds of comforts, or collect them in an exhibit.

2. Same.

3. Same.

IV.

1. Baby basket: willow split may be used, or small trunk with a tray. Pockets around sides of tray, one for small articles; large clothes placed under tray.

At end of two weeks the collection should be complete even if not all made by class.

2. Time to fill in lessons lost on holidays.

3. Same.

Sixth Month—March.

Clothing.

I.

1. The clothing of primitive peoples.
2. The Consumers' League and ready-made clothing. Costs and how to buy.
3. Millinery, and how to save money by making hats at home. Millinery: work of Audubon Society.

II.

1. Evolution of spinning and weaving. What knitting machines have meant in securing leisure for women.
2. Individual dressing. Adaptation of color to the individual.
3. Adaptation of styles, of "line," to the individual.

III.

1. Laundering. Kinds of soaps: making of soft and hard soap from grease; washing powder and other detergents. Bleaching, starches, effect of acids and alkalies on different fabrics.
2. Laundry equipment: practice. Charcoal irons, gas irons, electric irons. Home-made ironing boards and sleeve boards and benches. Problems for manual training classes.
3. Ironing, and receptacles for clean clothes. Practice work.

IV.

1. Mending clothes. Various problems presented through illustrative material. Work done at home and credited in class.
2. Cleaning clothes: removal of various spots. Brushing and pressing. Dainty care of clothing made a habit. Dye stuffs and how to use them intelligently.
3. Storing of clothes: through summer or winter months. Dust-proof bags. Use of labels. Moth preventives.

Seventh Month—April.

I.

1. Classification of foods according to food principles. Table of weights and measures, temperatures, scales, thermometers.

2. Foods suitable for children. Cereals, cooked fruits, soft eggs, etc.
3. Foods suitable for very old people.

II.

1. Invalid cookery. Gruels. Modifications of milk, broths, fruit drinks for the sick. List of foods suitable.
2. Invalid trays.
3. Economical menus. Marketing conditions.

III.

1. Food preservatives and adulterations and how they produce malnutrition.
2. Pure food laws.

Meat inspection. Lists of meat foods, to make wide variety in diet; cheap cuts.

IV.

1. Canned and other foods prepared in factories. Good brands to buy.
2. Make a menu and compare cost of meal prepared from grocery and market with that from foods raised on the farm.
3. Balanced rations

Eighth Month—May.

I.

1. First aid to the injured. What to do for burns, cuts and hemorrhage, poisons, nose bleed, fainting, "live wire" burns, poison ivy, sunstroke, etc.

This can be done in one lesson if arranged as an exhibit; one part by one student.

2. Personal hygiene: care of skin, teeth, hair, feet, hands.
3. Nutrition. Habits of eating, sleeping, bathing, deep breathing, working and playing. Value and necessity of flavor in food.

II.

1. Literature for home-makers. Lists of books and magazines. Best cook books.
2. Housewives' League. How organized and work accomplished.

3. This lesson left open for dinner or picnic or anything the teacher desires.

III.

1. Euthenics: lecture on the progress of the race. Laws affecting women and children.

2. Qualities and habits in individuals which make for stronger and better men and women.

3. Review: year's work.

IV.

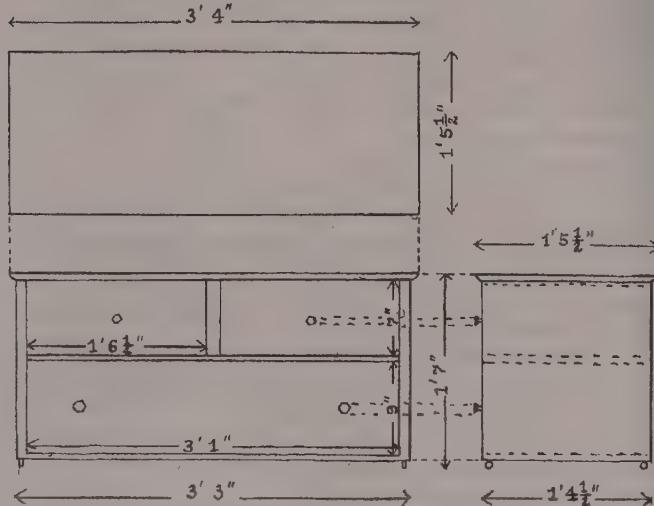
1, 2, 3. Exhibit of year's work: collections of illustrative material for house furnishing; care of infants; care of clothing; use of foods; contest in home-made bread; care of sick; first aid to the injured; budgets and accounts.

If educators could go upon a voyage of discovery into that army of boys and girls who enter industry each year, what values might they not discover! What treasures might they not conserve and develop if they would direct the play instinct into the art impulse and utilize that power of variation which industry so sadly needs!

JANE ADDAMS.



A CABINET FOR BABY'S OUTFIT.



The cabinet is a combination window seat and chest of drawers. Dresses and other large garments are placed in the long drawer. It is on casters so that it can be easily moved. The one constructed for the Domestic Science Department is of cypress and cost \$6.00. It is a useful problem for a manual training class.

A PARTIAL LIST OF BOOKS IN THE LIBRARY.

Brief Course in the Teaching Process—George Drayton Strayer.
Household Economics—Helen Campbell.
Chats on Old Furniture—Arthur Hayden.
Organic Chemistry—W. H. Perkin and F. S. Kipping.
Laboratory Notes—H. T. Vulté.
Chemistry of Food and Nutrition—Henry C. Sherman.
Food Products—Henry C. Sherman.
Nutrition of Man—Russell H. Chittenden.

Food and Flavor—Henry T. Finck.
The Spirit of Youth and the City Streets—Jane Addams.
The Family—Helen Bosanquet.
Increasing Home Efficiency—Martha B. Brüere.
Starving America—Alfred McCann.
Foods and Their Adulteration—Dr. H. W. Wiley.
The House—Isabel Bevier.
Art of Questioning—J. G. Fitch.
Bacteria, Yeasts, and Molds—H. W. Conn.
Household Bacteriology—S. M. Elliott.
The Home Economics Movement—Isabel Bevier and Susanah Usher.
Food Materials and Their Adulterations—Ellen H. Richards.
Cost of Shelter—Ellen H. Richards.
Art of Right Living—Ellen H. Richards.
Chemistry of Cooking and Cleaning—Ellen H. Richards.
Cost of Cleanliness—Ellen H. Richards.
Euthenics—Ellen H. Richards.
Cost of Food—Ellen H. Richards.
Cost of Living—Ellen H. Richards.
First Lessons in Food and Diet—Ellen H. Richards.
Boston Cooking School Cook Book—F. M. Farmer.
Century Cook Book—Mary Ronald.
Cookery for Two—J. M. Hill.
Practical Cooking and Serving—J. M. Hill.
Salads, Sandwiches and Chafing Dish Dainties—J. M. Hill.
With a Sauce Pan Over the Sea—Adelaide Keen.
Home Science Cook Book—Mrs. M. J. Lincoln and Anna Barrows.
Fruits and How to Use Them—H. M. H. Poole.
Luncheons—Mary Ronald.
Mrs. Rorer's Cook Book—S. T. Rorer.
Golden Rule Cook Book—Mrs. R. L. Sharpe.
Cookery; Its Art and Practice—J. I. W. Thudieum.
Elements of the Theory and Practice of Cookery—M. E. Williams and K. R. Fisher.
Foods and Household Management—Kinne & Cooley.
Food and Dietetics—Robert Hutchison.
Principles of Human Nutrition—H. W. Jordan.

Library of Home Economics.
The Woman Who Spends—B. J. Richardson.
Equipment for Teaching Domestic Science—Helen Kinne.
Household Science and Arts for Elementary Schools—Josephine Morris.
Handbook of Domestic Science—Lucy L. Wilson.
Domestic Service—L. M. Salmon.
Dust and Its Dangers—T. M. Prudden.
Principles of Economics—F. W. Taussig.
Enzymes and Their Application—Jean Effront.
Food and Its Functions—James Knight.
1,001 Tests of Foods and Beverages—Harvey W. Wiley.
Book of Vegetables and Garden Herbs—Allen French.
Human Mechanism—T. Hough and W. T. Sedgwick.
The Practical Hotel Steward—John Tellman.
Rumford Kitchen Leaflets.
Up-to-Date Waitress—J. M. Hill.
Picayune Creole Cook Book.

List of Magazines.

Journal of Home Economics.
American Cookery.
Good Housekeeping.
Forecast Magazine.
The Epicure.
The Bakers' Review.
The Hotel Monthly.
The Housewives' League Magazine.
Louisiana School Review.

The mission of the ideal woman is to make the whole world home-like.
—Frances Willard.

Record of Laboratory Work.

ESTIMATED TIME	ACTUAL TIME	
5 minutes.....	3 minutes.....	1—Materials. Cream Scones. Flour, baking powder, sugar, salt, butter, eggs, cream.
8 minutes.....	4 minutes.....	2—Method of Mixing. Mix dry ingredients. Rub in butter. Add liquids and mix very lightly. Toss on floured board and roll.
		3—Method of applying heat. Oven.
		4—Degree of Heat. High.
		5—Time. 15 minutes.
		6—Test. Light brown. Break open, press dough in center. If "springy" or elastic, baking is completed.
		7—Cost 16 cents.
5 minutes.....	10 minutes.....	8—Washing dishes and cleaning up tables, floors, etc.

Observations.

From this page may be made up records, with some variations, of all laboratory work with foods.

The daily account will be a most convincing truth of your wastefulness if you are wasteful, of your extravagance if you are extravagant, of your independence and of your good sense, if you possess these qualities.

—Bertha June Richardson.

I have always thought that there is no more fruitful source of family discontent, than badly-cooked dinners and untidy ways. —*Mrs. Beeton.*

Live within your income and make it cover the truest kind of living.
—*Ellen H. Richards.*

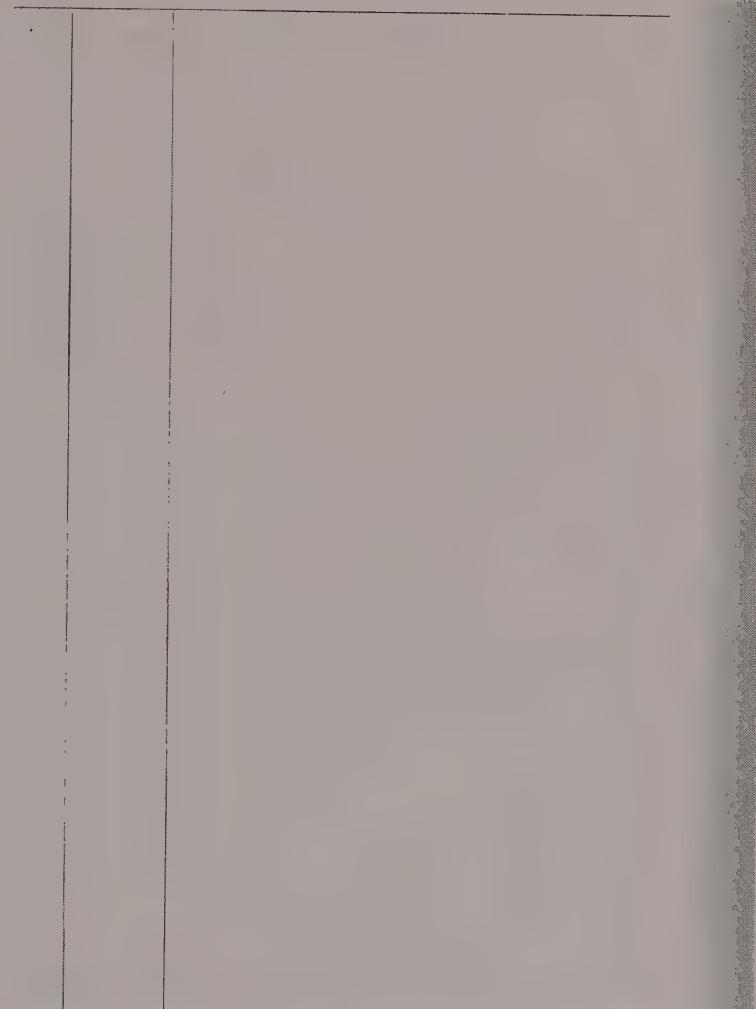
"Every true home has its real corner stone in the heart and is built up of affection and joy."

A large part of the art of cooking consists in making inexpensive food
material palatable and attractive. —*Ellen H. Richards.*

The delight in life is what we can do with it. —*Ellen H. Richards.*

We suffer from disease through ignorance. We escape through knowledge.
—Ellen H. Richards.





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